



The Marketer

Andover Farmers' Market
97 Main Street
Andover, MA
Saturdays
12:30 – 3:30
July 11 – October 10

Andover Farmers' Market Newsletter

Volume #2 Issue #2 July 18, 2009

Farmers' Market Shopping Tips

Before heading to the market...

- **Bring your own bags or boxes!** Although most farmer's market vendors have bags, it's friendlier to the environment if you bring your own reusable bags with handles. *Did you know that each year, about 500 billion to 1 trillion plastic bags are consumed worldwide. Each reusable bag has the potential to eliminate an average of 1,000 plastic bags over its lifetime.*
- **Find out what's in season:** Learn when Massachusetts products are available: (www.mass.gov/agr/massgrown/images/availability_chart.jpg)
- **Make plans to preserve** (freeze or can) larger quantities when fruits and vegetables are in season and plentiful. You'll appreciate your efforts when it's winter and you can savor the flavors of summer!
- **Research recipes/make a list:** Since you know what you're likely to find at the market, you can do some meal planning and shop accordingly. This way, you'll know exactly what to look for and how much to buy.

At the market...

- **Take Your Time & Ask Questions:** Have fun browsing! Look at what everyone is offering before you begin buying. Talk to the growers about what is plentiful now and what is in season next. Vendors and farmers and vendors are happy to share their knowledge and may recipes and cooking tips.
- **Experiment:** Don't be afraid to try something new. You may discover a new fruit, vegetable, plant, flower, bread or cheese.
- **Bring the kids:** They are more likely to eat a fruit or vegetable they've chosen. You could even give them an allowance to pick it out and buy it themselves!

Leaving the market/when you get home...

- **Go straight home so you can put away your purchases.** Don't leave food in the hot trunk of your car. If you can't go home right away, bring a cooler for the most delicate items.
- **Properly store your fresh fruits and vegetables:** Besides flavor, local fruit and vegetables are rich in vitamins and minerals which can be maintained with proper storage including refrigeration. *American families throw away 14% of the food they buy, often because it spoils. Learn more online at www.mass.gov/agr/massgrown/prodtips.htm*

Today's Vendors

Boston Hill Farm
Farmer Dave's (Brox Farm)
Fido Freeze
Flats Mentor Farm
The Greenest Bean
Isaac's Natural Foods
Kittredge Candles
Maria Latorre Creations
Mann Orchards
Middle Earth Farm
SwissBäkers
TT Buds Popcorn
Twin Seafood

love your
farmers market
contest



help your farmers
market win \$5k!

vote today



[Vote Andover as Your Favorite Farmers' Market](#)

The Andover Farmer's Market has entered into two national contests for farmers markets! One is held by the American Farmland Trust and the other by Local Harvest a website dedicated to finding farmers' markets, family farms, and other sources of sustainably grown food.

Farmers markets represent one of the great ways that food consumers can support their local farmers, farmland, communities, and regional economy. This summer, American Farmland Trust's contest for *America's Favorite Farmers Markets and Love Your Farmers' Market* contest, are a way for market customers to voice their support and take pride in their community. Farmers markets can register to join the contest by visiting, <http://www.farmland.org/vote> and <http://www.care2.com/farmersmarket>.

Recipes

We hope you enjoy the recipes listed here. Additional recipes will be printed in each week's newsletter and we're always looking for new ideas. If you have a great recipe to share that include local produce, please send it to farmersmarket@andoverhistorical.org. Photographs of your culinary concoctions are also welcome!

Green Beans and Tomatoes

Serves four

Three big handfuls green beans, stem end broken off, and cut in half
 1 pint cherry tomatoes, halved
 2 Tablespoons olive oil
 4-5 cloves garlic, coarsely minced
 1 teaspoon dried oregano
 2 ounces parmesan cheese, grated
 Salt and freshly ground pepper to taste

Preheat oven to 325 degrees. Steam the green beans for about 3 minutes in a saucepan on the stove. Heat the olive oil in a medium skillet and saute the garlic for a minute. Add the tomatoes, green beans, and oregano. Cook for another couple of minutes. Season with salt and pepper. Transfer the veggies to a small baking dish. Sprinkle with the grated parmesan cheese. Bake about 15 minutes. Serve hot.

Recipe courtesy of <http://recipe.kaiser-permanente.org/recipes>

Roasted Corn with Basil and Shallots

Serves 4

3 cups corn kernels, 4-5 ears
 2 Tablespoons olive oil
 1 handful basil leaves, chopped
 1 small shallot, minced
 1 Tablespoon red wine vinegar
 1/4 teaspoon salt
 Freshly ground pepper to taste

Preheat your oven to 450 degrees while you cut the kernels off the cob. Toss the corn with the oil in the bowl. Spread it out on a baking sheet with a rim. Roast the corn until some of the kernels began to brown, about 20 minutes. Meanwhile, mix the basil, shallot, red wine vinegar, and salt in a serving bowl. Mix in the roasted corn. Season with pepper and serve hot or room temperature. This is the essence of summer.

Recipe courtesy of <http://recipe.kaiser-permanente.org/recipes>

Don't forget to visit online at: www.andoverhistorical.org/farmersmarket

Special Events

Family Fun in the Barn
Saturday, July 18, 2008



Nearly every Saturday during the Farmers' Market season there will be activities for children and families in the barn.

This week's craft will be
Corn Husk Dolls!

July 18 Events

Essex County Green Belt

The Essex County Greenbelt Association is a member supported nonprofit land trust that has conserved over 13,000 acres of land in Essex County. Greenbelt works with local communities and landowners to acquire and protect ecological areas, farmland and scenic vistas. One of their major goals is the creation of "greenbelts" consisting of river, trail, and other natural corridors, coastal systems and visually intact landscapes.

Painting & Photography Showcase

Artist Kristina Trott will be onsite painting and sharing her photography. Samples of Trott's work will be available for purchase in the form of note cards.