

Glens Falls  
**FARMERS**  
**MARKET**  
ASSOCIATION



*Buy Local. Eat Fresh.*

Glens Falls - Queensbury - Winter Market

[www.glensfallsfarmersmarket.com](http://www.glensfallsfarmersmarket.com)

## **GLENS FALLS FARMERS' MARKET NEWSLETTER**

*Winter Market every Saturday from 9 to 12 from now until the end of April at Christ Church United Methodist Church, 54 Bay St. Downtown Glens Falls.*

**APRIL 10, 2010**

**Just three more weeks of the Winter Market!**

**The Outdoor Market at South Street Pavilion begins May 1<sup>st</sup> at 8AM!**

### **PHOTO OF THE WEEK:**

The March Gift Basket winner was Joe Carpenter of Queensbury

pictured here with GFFMA Vice-President Richard Sandora.



## APRIL GIFT BASKET

Don't forget to sign up for the final winter April gift basket at the refreshment table! Look below for the list of all the great items you could win from the vendors and the market with a value over \$100! The drawing for the winner will be at the end of the April 24<sup>th</sup> market (our final Winter market).

### APRIL GIFT BASKET DONATIONS INCLUDE:

- 1 Regular Glens Falls Farmer's Market Tote Bag
- \$10 Farmer's Market Gift Certificate
- \$10 Homestead Artisans Gift Certificate
- 1 Bottle of Pa's Pistols Hickory Sauce w/Recipes
- Northeast Corner Herbs Garlicious Grind Seasoning & Refill
- Gifford Farms Jar of Jam or Jelly
- \$10 Gift Certificate Lick Springs Beefalo
- \$10 Gift Certificate Monahan Chase Caterers
- 1 Loaf of Bread from The Homestead Bakery
- 1 Music CD by Katie Kuhn

1 Jar of Honey from Kilpatrick Family Farm

1/2 Gallon of Apple Cider & 1/2 Peck of Gala Apples from Saratoga Apple

\$10 Pleasant Valley Farm Gift Certificate

\$5 KK Designs Gift Certificate & Organic Autism Awareness Tote Bag

Tomatoes from Underwood's Shushan Valley Hydro Farm

### SPECIAL EVENTS AT THE MARKET THIS WEEK:

**MR. EDGE** is back this week to sharpen your tools, scissors, lawnmower blades and anything that needs a new "edge"! Get ready for spring. He'll be setup outside near the entrance to the church.

## RECIPES FROM LAST WEEK'S FESTIVAL:

### Farmers Market Curry (from a dedicated customer)

1 lb. boneless goat meat	1 tsp. salt
1 large onion	4 carrots dices
5 cloves garlic	3 sm. Potatoes, diced
2 tsp. ground mustard	1 parsnip, diced
1 tsp. black pepper	2 apples, diced
¼ tsp. red pepper (fresh chilies in season)	1 can coconut milk
2 tsp. ground cumin	2 Tbsp. oil for browning
¼ tsp. turmeric	

Cube the meat, pat dry, & brown in hot oil

Brown the onion, then the garlic & the spices

Brown the potatoes & when you get frustrated with trying to keep them from sticking in too little oil.....

Chuck in everything else except the apples

Cover & slow simmer 'til the veggies are nearly done. Adjust the spices

Add the apples & let them get hot

Serve with rice

I get goat meat from Dave Porter at Homestead Artisans & when available, I replace the coconut milk with his goat yogurt drink.

Most of my veggies are from the Arnolds & my ingredients vary with their produce.

The apples are honey crisps from Saratoga Apple

This is a sweet winter curry. Raisins or other dried fruit can replace the apples

Enjoy, Mike Burrows

## Long View Goat Stew

2 tsps. Salt

2 cups water

1tsp. freshly ground black pepper

1 cup dry red wine

½ tsp. sugar

6-8 carrots, scraped and coarsely

2 tsp. dried thyme or mint

chopped

¼ cup all purpose flour

2 medium onions, cut in thick

2 pounds goat meat

wedges

2 Tbsp. olive oil

celery or celeriac chopped

2 cloves garlic, chopped

2 potatoes, cut into bite size

chunks

Combine the salt, pepper, sugar, thyme and flour in shallow bowl.

Bring the goat meat to room temperature, and mix with seasoned flour until well coated. Heat the olive oil in soup pot, add the meat, and sauté until browned. Add the garlic, sauté for 1 minute, pour in the water and wine.

Simmer, stirring occasionally for 45 minutes to 1 hour, until the meat is tender. Add liquid as necessary. If you have used bone-in stew you can now cool stew and remove meat from the bones (optional). Add the vegetable and simmer for an additional 30 minutes, until the vegetables are tender.

## WHAT'S AT THE MARKET THIS WEEK??

**FRESH SCALLIONS, HERBS, CHIVES, RADISHES, PARSNIPS & GOAT CHEESE!! ALSO FRESH DAFFODILS!**

**New products every week!**



**Also available now is a great diversity of homemade/ homegrown products from local farmers including a huge diversity of fresh produce (such as spinach, mesclun, arugula, greens, hydroponic tomatoes, cucumbers, etc), organic produce, fresh herbs, garlic, baked goods, soups, salads, meats, cheese, apples, cider, BBQ sauce, jams, spices, root-cellar produce such as beets, carrots, celeriac, and potatoes; crafts, and more. Come support the farmers and eat healthy!**

### **MUSIC THIS WEEK:**

**Katie Kuhn will be with us again this Saturday filling the air with her delightful piano music.**

**For the Month of April**

**KK DESIGNS** will be featuring shirts designed by an autistic child and awareness designs all month. Five dollars (\$5) of each purchase will be donated to the *Golden Fund for Autism* ([www.lispectrum.com](http://www.lispectrum.com)).

**PLEASANT VALLEY FARM** will have beautiful daffodils to brighten up your home, as well as fresh scallions and many fresh greens like mesclun, spinach, swiss chard, and kale! Potted herbs like chives, lavender and rosemary will be coming to markets also. Enjoy this Spring weather!

**Northeast Corner Herb Farm** will be featuring fresh cut chives this week- the first of the season! Chives are delicious with eggs, cheese, potatoes or in salads. Click the following for our favorite recipes using chives.

[CHIVE FRITTATA](#)

[TWICE BAKED POTATOES](#)

**Shushan Valley Hydro Farm** will have all natural and all hydroponic tomatoes, cucumbers, green beans, mixed heads of lettuce, arugula, watercress, spinach, basil, cilantro, thyme, sage, oregano, dill, parsley, rosemary, mint, and lovage.  
Special on our mixed heads of lettuce 10% off!

**WATCH FOR THE NEXT NEWSLETTERS FOR UPCOMING EVENTS:**

**APRIL 24<sup>TH</sup> IS OUR FINAL WINTER MARKET  
AND ICE CREAM DAY!!**

**DON'T FORGET THE MARKET OFFERS GIFT CERTIFICATES FOR SALE AND ALSO TOTE BAGS!! THANKS TO EVERYONE FOR BRINGING THEIR OWN BAG TO SAVE ON PLASTIC AND THE ENVIRONMENT!**

**DEBIT TOKENS:** Great news for all customers! Electronic Bank Transfers are now available at Glens Falls Farmers' Market. This allows us to accept SNAP benefits (food stamps) as well as accommodate debit card purchases. Watch for the signs at your favorite vendors. Here's how it works: Wooden "GFFM tokens" are being sold at a table in the front of the church with debit cards. SNAP (Food Stamp) benefits are \$1 denominations and debit tokens, which can work like cash, are in \$5 tokens. Make the card transaction at the table and then spend your tokens at the market anytime. Since the market absorbs a transaction fee for each debit transaction, making a purchase of \$25 or more will help keep the costs down. See Dave at Homestead Artisan Cheese for tokens or ask questions. It's a great back-up for when you run out of cash and it's FREE! If you get Saratoga Farmers' Market tokens, please keep them separate from the ones in Glens Falls! (They are labeled on the back.)

*We are sending this newsletter to help keep everyone up to date with the market and to improve communication. If you would like to opt out please let us know by responding to this email with "unsubscribe" in the subject line and we'll remove you from the list.*

**For more information on the markets and the vendors at both the Queensbury and Glens Falls markets, check out our website at:**  
[www.glensfallsfarmersmarket.com](http://www.glensfallsfarmersmarket.com)