

Glens Falls FARMERS MARKET



MARKET NEWS

FROM THE GLENS FALLS FARMERS
MARKET ASSOCIATION

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Photo of the Week

Spring wildflowers will soon return! Hepatica
at Northeast Corner Herb Farm (2010).

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At the Market this Week

SATURDAY, March 19, 2011

Christ Church Methodist
Bay and Washington Streets, Glens Falls, NY

**Be sure to chat with Maureen of
Monahan Chase Caterers
about this week's Tasting Features**

**"Overnite French Toast"
and
"Beets with Micro Greens"**

Each week, the vendors of the Winter
Market
will be donating ingredients for this popular
weekly feature. Try a delicious taste of
something new! We'll even provide you
with the recipe (see below).
Our thanks to Saratoga Apple, Pleasant
Valley Farms and Kilpatrick Family Farms
for this week's ingredients!

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- [Recipes of the Week](#)

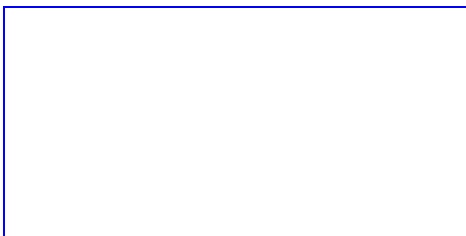
Music This Week



Alan and Bonnie Epstein Duet

Husband and wife duo Alan and Bonnie Epstein blend the sounds of the mandolin and piano through melodies influenced by Brazilian, Italian, Classical and traditional American song. Whether they play duets or solo their selection of songs and unique arrangements always draw a positive response from their listeners. Their duet Christmas CD "Come in from the Cold" is a seasonal favorite across the country.

<http://www.cdbaby.com/cd/abepstein>



What's at the Market in March

Fresh local vegetables including greens, fall squashes, lettuces, , spinach, arugula, kohlrabi, kale, potatoes, sweet potatoes, beets, carrots, turnips, celeriac, onions, organic produce, eggs, goat and cow cheeses, poultry, beefalo, pork, sausage, goat meats, baked goods, artisan breads, hydroponic herbs and tomatoes, garlic, shallots, maple syrup, apples and cider, pickles, jam, crafts, prepared foods, and much more!

Check out the weekly "specials" below for more info!

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Keep in mind that you can purchase Gift Certificates for the Farmer's Market in any amount, with a one-year expiration date. They make a wonderful gift for someone special, and since they support your local farmers, it's a gift that keeps on giving! Certificates may be turned in for GFFM Tokens if your recipient wishes to spend their gift with more than one vendor.

And don't forget that there are two styles of Tote Bags available as well.

GO GREEN!

Insulated \$8.00 and standard \$5.00

Remember, the Winter Market runs through the end of April!

MONTHLY GIFT BASKET

Don't forget to sign-up for the March gift basket at the refreshment table! You could win a variety of great products from the vendors and the market!

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DID YOU KNOW? Most of our wonderful musicians play for free each Saturday for your enjoyment. Please tell them "thanks" and consider giving them a tip or purchasing their CD. They are a great addition to our weekly markets.

Vendor Specials

Gifford Farm

invites you to check out their seasonal artwork pieces, produce, eggs, jams and baked goods.

Kilpatrick Family Farm

is debuting a new vegetable this season. Native to the Mediterranean, Parsley root has a flavor that tastes somewhat nutty with a celery and carrot overtone. It can be served fresh, fried, sauteed, or baked, as an ingredient to soups, stews, rice dishes, salads, vegetables and other foods.

Lick Springs

Beefalo has many great cuts available, perfect for grilling or hardy winter braises.

Longview Farm / Homestead

Artisans: Forget the weather. Spring can't be far away. Baby goats are all over the

Monahan-Chase

Caterers offers delicious sides and soups so YOU don't have to cook! Soup tastings, Salads: Turkey Tarragon, Chicken and Craisin, Broccoli Salad, and Wheatberry Salad and Grain Salads. And of course, Muffins, hot from the oven.

Northeast Corner Herb Farm has your herb and spice needs. Try a taste of our delicious dip mixes, Garlickious Grind Seasoning and jams.

Pa's Pistols Try our Hickory Barbecue Sauce - ask us about free recipe ideas!

Pleasant Valley

Farm With the warmer weather, greens like spinach and salad mix are in full supply, with kale and Swiss chard increasing over the next few weeks. When the snow goes down more,

Roundhouse

Bakery offers you delicious artisan breads, cookies and Maple Syrup.

Saratoga Apple will have apples, cider, cider donuts and more!

Shushan Valley

Hydroponic will have all fresh and natural tomatoes including the oh so sweet cherry tomatoes, cucumbers, lettuce, arugula, watercress, Swiss chard, basil, cilantro, dill, oregano, thyme, chives, and sage.

Sugarloaf Farm will offer their quality whole milk cow cheeses, pork and sausage. Try a taste of their delicious Cheddar, Colby or Jack

Puckers

Gourmet specializes in Old World style pickles and Kraut. Ask them for a taste of their delicious products!

farm now, and this week we have to return of Fresh Goat Cheeses for the Winter Market.

we will be finding and harvesting the winter leeks! Other crops are still in abundance, like onions, sweet potatoes, winter squash, beets, carrots, potatoes, celeriac, kohlrabi, and lots more! Also we'll have garlic and fresh rosemary that is wonderful for roasted veggies on a cold night!

Recipes of the Week

OVERNIGHT FRENCH TOAST with SARATOGA APPLES

1 loaf French bread
8 eggs
2 c. milk
1 ½ c. half and half
2 tsp. vanilla
2 tsp. cinnamon
6 – 8 cooking apples, peeled, cored, and sliced

Topping:

½ c. brown sugar
¼ c. margarine
½ c. chopped nuts

Spray or grease a 9 x 13 pan. Slice bread ¾ - 1 inch thick and layer in baking dish. In a bowl, whisk eggs, add milk, half and half, cinnamon, and vanilla and mix well. Pour half the mixture over the bread, layer the apple slices, and pour remaining egg mixture over. Cover with plastic wrap and refrigerate overnight.

Topping: Mix margarine and butter together until crumbly, add nuts.

The next morning, preheat oven to 350. Remove plastic wrap from baking pan, sprinkle crumb mixture on top. Bake 45 minutes to one hour, until filling is set. Serve with powdered sugar, maple syrup, or raspberry syrup.

CANDIED SWEET POTATOES WITH APPLE

3-4 large sweet potatoes, peeled and cut into 1/2 inch slices
2 cups chopped apples (peeled or unpeeled to your preference)
1/4 tsp. cinnamon, mixed with 1/2 cup brown sugar
1/2 cup maple syrup
2 cups apple cider or juice
1 small sweet onion, minced
2 TBSPS butter or margarine

Steam potatoes until just crisp-tender. Melt butter in a deep casserole dish and layer the steamed potatoes alternately with the apple and onions.

Mix syrup, cider, cinnamon and sugar until dissolved. Pour mixture over the potatoes and bake at 350 degrees for 25 minutes.

DEBIT CARD AND EBT TOKENS

Great news for all customers! Electronic Bank Transfers are now available at the Glens Falls Market every week. 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 at the market - see Dave Porter (Homestead Artisans) or Judy Provo (Pa's Pistols). 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 the transaction fee for each debit transaction, making a purchase of \$25 or more will help keep the costs down. Most banks have no fees associated with using a debit card, so it's a great opportunity. See Dave at Homestead Artisan Cheese if you have 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.)

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

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Our mailing address is:

Glens Falls Farmers' Market Association
9778 St. Rt. 22
Middle Granville, NY 12849

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