



Sundays 8 am—1 pm

Main Street, Belgrade Lakes village

come and see us!

What's new at your local market?

7 August 2009

What's up with the street-hopping market location?

Our regular visitors will have noticed that on two Sundays this summer, we've been not at the Village Inn parking lot but up the street at the Damren lot, which is currently for sale. What's up? Well, the first time, June 28, was out of necessity since the Village Inn was hosting a wedding that day and needed their parking area. Last week was by choice, a trial to see if that lot offered us better or more space for vendors and/or customers, and was thanks to the generosity of the owner, Paula Dulac. The property is currently under option to the Belgrade Lakes Association, which is trying to raise the needed funds by the end of August. If it succeeds, they will tear out the existing foundation and turn the lot into public space with dockage on the Stream. That would be a great asset to the Village! Some on the BLA board have expressed interest in having the Market there permanently, but the BLA as an entity will have to agree on how they want to use the property after it becomes theirs, if it does. In the meantime, Susan and Charlie Grover at the Village Inn continue to welcome us in their parking lot if we want to be there. It's great to have choices, and we appreciate the support of both landowners.

So, amid the summer's busyness, the members of the Belgrade Lakes Farmers' Market are discussing what the best spot is for the remainder of this year. And we'd love to

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Now THIS looks like summer is finally here.

Did you know.....?

fresh, local, organic vegetables are 40 times less likely to be contaminated with pesticide residues than conventional, supermarket vegetables
[\(source here\)](#)

Recipe of the week— SUMMER STRATA (underlined ingredients are available at the Market)



Who doesn't love basil? And it's good for you too! Basil is a good source of Vitamin A, iron, Vitamin K, calcium, and magnesium; it has antioxidant properties, it is antibacterial, and an anti-inflammatory! So enjoy your pesto and try basil in other dishes too. Lots more info on basil at [The World's Healthiest Foods](#) website.

perfect for a weekend brunch or even for supper with a salad!

1 loaf bread - whatever is freshly baked that looks yummy & can be sliced
4 oz sausage of choice - turkey, lamb, and pork are at the Market - cooked, crumbled, drained
8 oz Neufchatel cheese - cut into cubes
4 oz grated Mozzarella
3 oz grated Cheddar
3/4 cup Prepared Pesto, or make your own (recipe below)
4 tomatoes sliced medium thick (1/4" or so)

5 eggs from non-caged non medicated chickens
1 1/2 cups milk or half-and-half

Pesto (if you're not using prepared)
1/2 cup pine nuts or walnuts, toasted in small skillet until fragrant, cooled
2 cups (packed) basil leaves
1/2 cup parsley leaves
3 cloves peeled garlic, or more... Depends on how much you like
1/2 tsp salt
Olive oil - enough
1/2 cup (or more, you decide) Romano, parmesan, or some other hard cheese to your liking, grated

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More on the market at www.belgradelakesfarmersmarket.org

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Market, Market, who's got the Market?: continued from page 1

hear what you, our customers, think. We are trying to find the place that offers YOU the best shopping experience. Please email us your thoughts, blfarmersmarket@gmail.com (soon!).

Thankfully, Belgrade Lakes village is small enough that we're easy to find in either location. Just look for our yellow sign. And please bear with us as we navigate our options. Thanks for supporting local agriculture!

[Return to front page](#)

Recipe for Summer Strata, continued

If you're making the pesto: Throw everything but the olive oil and cheese in the food processor and turn it on until everything is chopped very fine; with the machine running, drizzle in enough olive oil to bring into a smooth loose paste; add cheese.

Grease a 2-3 quart baking dish (a souffle dish works, or an 8x8 glass pan) with olive oil or butter. Then cut your bread into 1/2" thick slices, and cover the bottom of your pan. Take half the cream cheese cubes and put it on the bread, equally, put half the grated Mozzarella, and half the Cheddar and dab half the pesto on top of and around the cheese. Sprinkle on half of the sausage, then follow with a layer of tomatoes. Repeat.

Whip up the eggs, milk, S&P to taste, and some grated nutmeg (optional) until it's frothy and completely blended. Pour over the layers. Refrigerate, covered for at least 3 hours - to overnight or longer. Bake at 350 degrees, uncovered, for an hour; if it doesn't look browned let it go for another 10-20 minutes at 450. Let sit 10 minutes before serving.

Thanks to the Recipe group at [Kitchen Gardeners International](#) for the inspiration!

[Return to front page](#)