



Sundays 8 am—1 pm
Village Inn parking lot
Main Street, Belgrade Lakes village

We are open for the 2010 season—
come and see us!

What's new at your local market?

11 June 2010

Belgrade Lakes Farmers' Market welcomes its sixth season!

The market is open for business! We kicked off our 2010 season on June 6th with nine intrepid (and wet) vendors. Despite the rain, it was great to be back together and some shoppers braved the weather.

All but one of our vendors will be back this year. Amy St. Jean, of Amy's Herbals (soaps and salves) is pursuing new directions in her life and we will miss her. But we'll have all of our other vendors, with their market items you've come to look forward to: cheeses, meats, seafood, vegetables, pies, breads and other bakery goodies, syrup, outdoor furniture, etc. Gardens have been early this year, so along with our less-seasonal products, we have a good supply of early greens, radishes, rhubarb, and those other June treats. Spinach's short season will only last another week or two. Sandy's Country Flowers, who is only with us in June, has a great selection of flowering baskets and seedlings to brighten up your dooryard.

We'll be there again rain or shine on Sunday and hope to see you! Please help spread the word about the Market— bring a friend, encourage friends to sign up for this weekly newsletter, etc. Local food is good food, and local farms depend on markets like ours!



Did you know.....?

Our website now has pages for each of our vendors.

Check it out for photos and more details about their farms, production, and products.

Recipe of the week— Chicken & Radish Fajitas (ingredients in bold type are available at the Market)



Get 'em before they're hot!

- Radishes have antibacterial and anti-fungal properties
- They are a member of the cabbage family
- Radishes contain vitamin C, potassium and other trace minerals
- They're delicious cooked!

6 **chicken** thighs or 4 chicken breast halves, skinned, boned, and cut into 1/2" pieces
1/4 cup lime (or lemon) juice
1 tsp chipotle powder or hot chili powder
2 Tbs olive oil
9 **green onions** or **green garlic**, thinly sliced
1/2 c chicken broth
2 bunches **radishes**, trimmed, halved, thinly sliced crosswise (save some leaves and slice crosswise for garnish)
2 Tbs chopped fresh **cilantro** or **parsley**
Lime wedges
Corn or flour tortillas, warmed

Combine chicken, 1 1/2 Tbs lime juice, and chipotle or chili powder. Sprinkle with salt and pepper. Let stand 30 minutes. Heat 1 Tbs oil in large skillet until nearly smoking. Add chicken and sauté 3 minutes. Stir in green onions and broth; cover and cook 3 minutes. Uncover and stir until chicken is cooked through and most liquid evaporates, about 2 minutes longer. Stir in 1 1/2 Tbs lime juice. Season to taste with salt and pepper. Transfer to bowl; cover. Heat 1 Tbs oil in same skillet over high heat. Add radishes and sauté 1 minute. Stir in remaining 1 Tbs lime juice. Season with salt and pepper. Add radishes and cilantro (or parsley) to bowl with chicken and toss to blend. Divide chicken mixture among 6 plates. Sprinkle with reserved sliced radish leaves. Garnish with lime wedges. Serve hot tortillas alongside.

More on the market at
www.belgradelakesfarmersmarket.org

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Questions or comments? E-mail us at blfarmersmarket@gmail.com