



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?

18 June 2010

Strawberries! Summer must really be here!

The Market is in full swing as summer arrives. School is out, and folks are ready for warm weather and open-air shopping. We've been waiting for strawberries, and Alice from Stoney End Farm expects to be well supplied this week— but you still might want to get there early!

We had a full complement of vendors last week. Produce was unusually diverse for this early, with Flying Pond Farm bringing green beans and even a few tomatoes from their hoopouses. In June! Vegetable growers who grow *en plein air*— Stoney End Farm, Green Hollow Orchard, and Buttermilk Hill Farm, had plenty of greens, early herbs, and June specialities like radishes. (Did you know you can braise radishes? They're delicious cooked!) Spinach and asparagus are near their season's end, but peas will be showing up soon, and then all of the other summer produce. And of course, that's only a small part of what you can find at the Market. Our bakers bring a wide array of breads, tarts, cookies, and cakes; and pies from Mike (actually Mike's wife Phyllis) or Ellen are always in demand. Cheeses of all sorts to suit your tastes. French Hill Farm's lamb cuts should include sausage this week; Bob has his veal cuts; and Jack's "Lobster on the Run" booth has lots more than lobster—seafood in the shell as well as prepared.

We pack a lot of product into a small space! Come and see us—you're sure to find something to interest you. See you at the Market!



Did you know.....?

that farming practices can contribute to or help curb global warming? Even in your own backyard, you can take actions to help reduce the impact of climate change. [Take this quiz](#) from the Union of Concerned Scientists to learn more.

Recipe of the week— Strawberry Scones (ingredients in bold type are available at the Market)



- 1 cup **strawberries**
- 3 tablespoons sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 6 tablespoons butter, in cubes, slightly softened
- 2/3 cup half-and-half or cream or cold buttermilk

Super quick & easy!!
You can make them while the coffee is brewing—what a way to start the day.

Preheat oven to 400 degrees. Lightly grease a cookie sheet.

If using larger fruit, cut into bite-sized pieces. Sprinkle fruit with 1/2 tablespoon sugar; set aside. Be sure to make the pieces small, or they tend to fall out of the dough. They'll still be plenty prominent in your finished scones. Combine remaining sugar with flour, baking powder and salt. Add butter, using a pastry cutter or 2 knives to cut in butter. Stir in fruit; then add cream/half-and-half/buttermilk all at once. Use spatula to gently stir dough until it holds together.

Turn onto a lightly floured surface and knead a few times to incorporate dry ingredients. Be gentle so you don't break up the berries and don't overwork the dough. Sprinkle dough with flour if it gets sticky.

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Strawberry Scones - continued

Pat the dough into a circle 3/4 inch thick. If any berries peek out, push them into dough. Cut circle into 6-8 wedges, then transfer wedges to the cookie sheet, leaving at least 1/2 inch of space between them. Bake 15 minutes.

Sprinkle with sugar and bake 5-10 more minutes or until the tops are beginning to brown and spring back when you push them. The sprinkling of sugar over the top for the last few minutes of baking creates a simple, sparkly topping.

Recipe courtesy of Irene, on her “Confessions of a Tart” webpage:

<http://confessionsoftart.blogspot.com/2009/03/strawberry-scones.html>