



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!

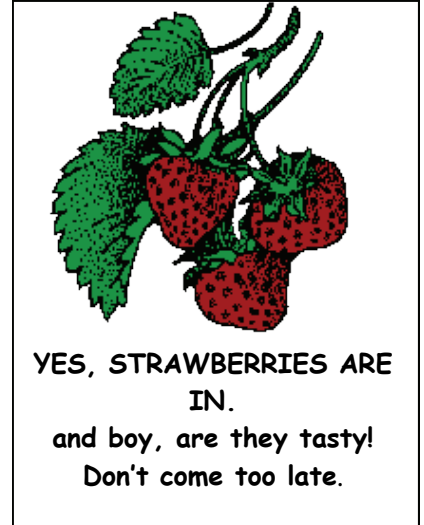
## What's new at your local market?

25 June 2010

### Mac Beattie donates handcrafted Adirondack chair to raffle—tickets available!

Here at the Belgrade Lakes Farmers' Market, it's a matter of pitching in when you can, to make this endeavor work. Like many farmers' markets, we operate on a completely volunteer basis. Mac Beattie, of the gorgeous handcrafted outdoor furniture you see every week, helped out when we were a startup (or is that upstart?) market by building our wonderful sandwich board sign that announces our presence every week. (And thanks to Ellen Gawler of Buttermilk Hill Farm for painting it so colorfully.) Now, Mac has come up with a way to help raise money so the market can reach more people with the message about local foods and farm products. He is donating one of his beautiful handcrafted Adirondack chairs as a raffle prize. The chair will be at market every week until we have our drawing the week before Labor Day, so you can come by and admire it and dream about a lazy afternoon in the chair with a cold drink and a good book. For more details on the raffle, or to buy tickets, stop by the Market.

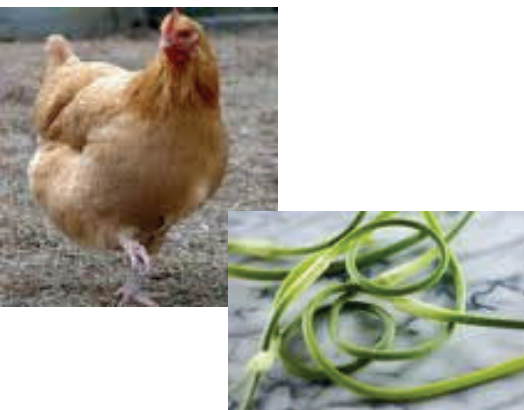
And how do we intend to use the proceeds? Well, to connect more local people to their local farms, of course! One of the problems with that is visibility—we're only "there" one morning a week. We plan to invest in a set of DOT business signs to increase the Market's presence in the community. This is a pretty big outlay for a small market, and we're awfully glad Mac has stepped up to the plate with his generous offer. Thanks, Mac!



### Did you know.....?

You can find information on farmers' markets all over the state by visiting the [Get Real, Get Maine](#) website. When you're away from the Belgrade region, you can still find local food!

### Recipe of the week— CHICKEN THIGHS with GREEN SAUCE (ingredients in bold type are available at the Market)



What the heck are garlic scapes? Garlic scapes are the flowering stalks of the garlic plant. Harvesting them not only gives us a tasty treat, but by denying the plant a chance to flower, it puts all of its resources into growing a bigger garlic bulb. Plants have budgets too!

6 **chicken thighs** (skinned if you want a lower-fat version)  
2 Tbls olive oil  
1 bunch green garlic or **garlic scapes**, coarsely chopped  
1 bunch **parsley**, coarsely chopped  
1 c chicken stock

Heat oil and brown thighs over medium-high heat. Season with salt & pepper, and throw in the parsley & garlic. Add chicken stock and when it boils, reduce heat to low, cover, and cook until thighs are done (about 30 min). Remove the thighs to a platter, cover to keep warm, and puree the pan contents – you might need to add a little more stock (with a stick blender or in a regular blender, but be careful blending hot liquids). Pour over chicken and serve. So simple!