



Sundays 8 am—1 pm

Main Street, Belgrade Lakes village

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

What's new at your local market?

2 July 2010

Big Fourth of July in Belgrade Lakes!!

The Fourth of July is always fun in Belgrade Lakes Village, with folks walking the streets, sampling strawberry shortcake at the church or browsing books at the Library's book sale, watching the boat parade on Mill Stream, cheering the street parade later in the afternoon, and just enjoying all the offerings, large and small, up and down Main Street. And let's not forget the fireworks as darkness drops! This year's will be special— from our market perspective— for two reasons. First, it's on a Sunday, so we get to have Market on the holiday, and second, we will also be marking a big turning point in the Docks to Doorways initiative: announcing the campaign progress and plans for the final phase of fundraising for the building project, and a ribbon cutting for the first of what we hope will be many public docks on the Stream, enabling people on Great Pond to travel to the village by boat once more. Docks to Doorways is a unique, privately funded and community based plan to improve both the Village and our lakes. Stay tuned for more on its progress, and for more information visit www.dockstodoorways.com.

This Sunday we will be up the street on the former Damren property, now part of the Docks to Doorways plan and the site of the future Maine Lakes Resource Center. Come

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Did you know.....?

Folks all over the country are adding FOOD INDEPENDENCE DAY to their July 4th celebrations by using local food in their picnics and barbecues. Let's keep it going all summer!

Recipe of the week—

head to the grill!



Rather than a recipe this week, we are just giving you a link to a fun page put out by the New York Times:

[101 Fast Recipes for Grilling](#)

You are sure to get some new ideas. Not all are seasonal, and some are more appropriate to climates other than Maine (fresh figs?), but there are a lot of suggestions to get your own creativity going. Some selections, just as a teaser—

- 16. More shopping than cooking: Grill an array of radishes on little skewers, four to six each. Serve with butter, salt and bread.
- 24. Quick grilled pickle: Rapidly char thick slices of cucumber; toss with salt, vinegar and sugar; let sit for 15 minutes, then drain.
- 26. Mideast lamb chops: Shoulder cuts are the best and the cheapest; just don't burn them. Marinate them briefly in yogurt, lemon, cardamom and mint. Serve with lemon and parsley.
- 38. Call it grilled chicken Parm: Pound breast thin, top one side with sliced tomato, mozzarella and Parmesan; fold in half, seal with a toothpick or skewer and grill for a few minutes on each side.

Check it out and let us know what ideas YOU come up with!

More on the market at www.belgradelakesfarmersmarket.org

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

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shop with all of your favorite Market vendors, and while you're there you can browse lots of information on water quality, sustainable development, and lake biology. There will be information tents and demonstrations for much of the day— and the Docks to Doorways kickoff event at 1:30, after the Market. Check out the entertainment before and after the ribbon-cutting and cake cutting, too.

Why is the Market so excited about Docks to Doorways? The community group that is developing this privately funded initiative values the Market and has asked us to relocate permanently onto the grounds of the Maine Lakes Resource Center once it is built. This would give us a little more space, more visibility, and no worries about inconveniencing the Village Inn. The Grovers (proprietors of the Village Inn) have been great supporters of the Market for the six years we've been running, but this new location offers us great opportunities. Stay tuned!

So, back to Market, and the Fourth— we hope to see you there! Come and see what we've got special for America's birthday!

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