



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?

9 July 2010

Aquafest on Saturday, and Market Sunday—another busy weekend!

Belgrade Lakes village is in full summer swing. What a great Fourth we had last weekend! Our venue on the **Docks to Doorways** lot generated lots of positive feedback from our shoppers and vendors alike, and we've decided to use that spot for another week, at least, and see how our customers continue to like it. Please let us know what you think!

Aquafest – Friday evening through Saturday – is a community-wide, family event, to raise funds for milfoil control, the Belgrade Lakes Conservation Corps, and numerous watershed-wide programs to improve water quality. It kicks off on Friday with a benefit dinner at the Village Inn and an antique wooden boat show, then continues Saturday with lots of activities for all ages at the Center for All Seasons in Belgrade Lakes. The Market will be represented by a few of our vendors and a table with information on local food and gardening. Come and support the health of our lakes and our community! For a complete list of events, [click here](#).

We have great news to report from the Docks to Doorways kickoff event last Sunday afternoon: of the \$2.5 million project goal, we met our interim goal of raising \$1.5 million of it (actually a little more) by the end of June, and, even more exciting, have been awarded

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13th annual MIFF:

July 9—18 in Waterville.
100 films, 50 filmmakers, 10 days.
Another great event to take in!

Did you know....?

Pasture-raised meats, like those you find at the Market, have demonstrated nutritional advantages over grain-fed (most supermarket) meat: less fat, a higher percentage of healthy omega-3s, fewer calories, and more antioxidants and vitamins. Not to mention a better life for the animals.

Recipe of the week—

almost-Sittoo's Tabbouleh: a classic from the Waterville community



Parsley is much more than a garnish! Try it here as a salad star. Parsley is loaded with antioxidant flavonoids, and contains volatile oils including myristicin that have been shown to inhibit tumor formation, especially in the lungs. It's also an excellent source of vitamin C, vitamin A, vitamin K, and folic acid. Not to mention its role in cleansing the palate and freshening your breath! [See more...](#)

- 1 c FINE bulghur (cracked wheat; look in the ethnic foods section)
 - 1 1/4 c boiling water
 - 2 Tbs lemon juice
 - 2 Tbs olive oil
 - 1/2 tsp salt
- pour water over bulghur in a bowl, add the other ingredients, stir, cover, let sit for 1/2 hr or so until the water is absorbed, uncover to let cool.
- add and mix well:
- 4-6 scallions or some mild onion (or tender garlic scapes), finely chopped
 - 3/4 c mint leaves, lightly packed - measure, then chop fine
 - 3 c parsley leaves (same prep) - this is about 2 bunches of parsley
- whisk up a dressing of:
- 2 Tbs lemon juice
 - 2 Tbs olive oil
 - 1/2 tsp salt
 - 1 clove garlic mashed
 - 1/2 tsp cumin
 - pepper

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More on the market at
[www. belgradelakesfarmersmarket.org](http://www.belgradelakesfarmersmarket.org)

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an Alford Foundation challenge grant of \$450,000 towards the remainder. But as a challenge grant, those dollars will only come to the project if we raise funds to match them by Columbus Day. This is an aggressive timetable, but there's a heck of a lot of enthusiasm for the project and I bet we can do it. It will take lots of donations, large and small, from folks all over who care about the Belgrade Lakes region and its continued ecological and economic health. Like you!

The link between [Docks to Doorways](#) and the Market is about more than a nice space to be in and about more than dock access. It's about shared vision for our community and the role that vibrant local farms and producers play in keeping the area "the way life should be". Quality of the land base and quality of the water all come together towards this goal.

(And if you are wondering what Docks to Doorways is all about, check out the introduction to it in last week's newsletter or visit the [website](#). Very exciting!)

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Almost-Sitto's Tabbouleh, continued

Mix well and add a little of whatever vegetable is in season - right now it would be raw (or very lightly cooked) peas, or some cuke, and of course a little tomato in chunks is always great if you have it. Chill.

The traditional way to eat it is to scoop it up in lettuce leaves. but a fork works too.

I learned to make tabbouleh in 1973 from Sadie ("Sitto") George, a legendary Lebanese cook and absolutely wonderful lady, the queen of Waterville's Union Street. She was my friend Janet's grandmother, and we were just out of high school and making a go of it on our own before college, working and sharing an apartment in Waterville, and with great weekend sojourns over to Sitto's. I recently spent some time experimenting with tabbouleh recipes to see if I could get one that was close to hers, and I think this just about does it. Many tabbouleh recipes are more bulghur-with-parsley, and the traditional salad is more parsley-with-bulghur. (Of course, you might like your proportions of bulghur:parsley:mint:lemon a little different - play with it!)

It's great all summer and holds in the fridge for several days.

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