



Sundays 8 am—1 pm
New! Thursdays 2—6 pm

Main Street, Belgrade Lakes village

What's new at your local market?

16 July 2010

We are trying out a THURSDAY market!

We've been hearing it over and over again: "We wish you were here during the week too—once is not enough!" And in our new location, we have the opportunity to respond. We're very excited about the possibilities of holding a twice-weekly market on the Docks to Doorways lot, and enough of our vendors are free on Thursday afternoons to give it a try. So come check us out **Thursdays 2 p.m.—6 p.m.** on your way home from work or on your afternoon trip to the village. We'll have the basics and more: vegetables, cheese, seafood, breads, and some other goodies. It will be experimental this summer as we see which vendors are able to fit it into their schedules, and as we get the word out to our customers and other local food enthusiasts in the area. And of course, our regular Sunday market with our full complement of producers and products will continue unabated.

Thanks to our customers for the demand, to Docks to Doorways (especially folks from the [Belgrade Lakes Association](#) and [Belgrade Regional Conservation Alliance](#)) for the space and assistance, and to our members for pitching in to give this a try. **Tell your friends!**

And this weekend, a great add-on opportunity: **free lake tours** on the educational boat the Melinda Ann. This 30-foot floating classroom is the flagship of the Maine Lakes

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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—



Lamb at our market is from French Hill Farm's Coopworth sheep. The Coopworth is a medium sized, dual-purpose, white faced sheep with an alert but quiet disposition. It originated in New Zealand in the 1960's from Border Leicester and Romney crosses, and was first imported into the United States during the late 1970's.

It is a highly productive sheep, intensively selected for easy care lambing, prolificacy, and good mothering ability. Coopworth wool is relatively long and is popular with hand spinners.

Source: sheep101.info

MARINATED LAMB CHOPS

Grilling a lamb chop is a no-brainer, but have you tried marinating them? Here's a recipe from [Simply in Season](#), published by Herald Press.

8 loin lamb chops

Combine and pour over the chops, cover and marinate in the fridge 4 -5 hours:

- 1 small onion
- 1 clove garlic or a few tbsps chopped garlic scapes
- 3 Tbls olive oil
- 2 Tbls wine vinegar
- 1 Tbls lemon juice
- 1 Tbls fresh rosemary (or 1 tsp dried)
- 2 tsps prepared mustard
- 1/4 tsp ground ginger
- 1/4 tsp salt

Grill 5—8 minutes per side for medium rare. Serve with a nice green salad when lettuce is in season, or a cucumber or tomato salad later in the season.

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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Conservancy Institute (MLCI) lake learning program. This safe and stable customized pontoon boat sports a variety of equipment for exploring the workings of our lakes and getting a deeper appreciation of these precious, fragile freshwater gems. On Sunday you can pair your visit to the Market with an excursion on Long Pond. Trips will be departing from Day's Store at 9:00, 10:40, and 12:30. Or, you can explore Great Pond on Saturday – same schedule, leaving from the public boat launch on Sahagian Road. You can reserve a spot for either day by leaving your name and number at 495-2222 or 508-547-2496.

Thanks to Polly Beatie of the Belgrade Lakes Association for the invitation:
“This is a great chance to see what Water Quality is all about and have a **free lake adventure!**
Bring the family and send your neighbors as well.”

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