



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

Main Street, Belgrade Lakes village

What's new at your local market?

30 July 2010

Local Foods Have More than Local Benefits

Shopping at the Market is fun, interesting, convenient, picturesque, and you get good stuff.... But did you know that shopping locally can have ripple effects a long way out? Just like throwing a stone into the pond, as you spend your money for local food and farm products, the effects spread farther than you'd think. A local food economy can help conserve rural spaces and reduce sprawl, can reduce greenhouse emissions, can reduce dependence on petroleum (a major ingredient in fertilizers and pesticides), can contribute to healthier kids and families, and strengthen communities. Check out this [interesting graphic](#) from Penn State—it will get you thinking!

Our **Thursday market** is continuing with a small cadre of vendors. Check out Trent Emery's terrific vegetable selection, and get seafood from Jack (Lobster on the Run), cheese and other products from Diversity Farm, lamb and wool products from French Hill Farm, maple syrup and other goodies from Moonlight Maple, and see who else is there. 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!** If the demand holds up, we will work over the winter to get a more complete set of vendors for Thursdays next summer. Let us know what you think.



Tomato season is here!

Did you know....?

The Maine School Garden Network is sponsoring an art contest, Gardens Grow Kids. All Maine youth entering grades 4—8 are encouraged to submit a piece of original artwork before **August 14th**. Details and registration forms on the [Maine School Gardens Network](#) website.

Recipe of the week—



Besides totally capturing the essence and freshness of summer, berries are loaded with antioxidants and vitamins. Start the season with strawberries, and proceed through raspberries to blueberries and blackberries. Fresh ones last only a couple of days, but there is nothing like them. More nutrition information at whfoods.com.

SUMMER BERRY-CREAM TART (ingredients from the market are bolded)

Crust: use a 9" tart pan with removable bottom (preferable), or a 9" pie pan which you've greased (works too)

- 1 1/4 cups all-purpose flour
- 1/4 cup sugar
- 1/2 teaspoon salt
- 7 tablespoons cold unsalted butter, cut into 1/2-inch cubes
- 1 large **egg**

Pulse all in a food processor just until mixture is coarse crumbs. Press evenly onto bottom and sides of pie or tart pan. Freeze for an hour or so. Put frozen shell into a 425 oven for 5 min then turn heat down to 375 for 15 minutes. Once out of the oven, brush hot shell with some beaten egg white to prevent sogginess. Cool thoroughly before filling.

Filling:

- 1 5-oz tub **plain goat cheese**
 - 4 oz Neufchatel cheese (or cream cheese) at room temp
 - 1/3 – 1/2 cup **Greek yogurt** (depends on consistency you like)
 - 3 Tbs local **honey**
 - 1 tsp or so lavender flowers whizzed in a blender to a powder (optional)
- Beat all together until smooth. These two steps can be done ahead of time, just refrigerate.

About an hour before you are eating, spoon the filling into the crust and smooth it out. Top with:

3 cups perfect berries: raspberries are the original and are totally fabulous, but this tart can be

More on the market at www.belgradelakesfarmersmarket.org

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Summer Berry–Cream Tart

made with strawberries, black raspberries, or blueberries as well. Slightly warm another 2 Tbs of honey and drizzle over the berries. (Never warm honey in the microwave- set it in a pan of hot water instead.) Refrigerate until serving time. Be transported.

Recipe adapted from the [Raspberry–Crème Fraiche Tart](#) at Epicurious.com

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