



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

Main Street, Belgrade Lakes village

What's new at your local market?

6 August 2010

Beanhole Beans— a tradition long before the “local food” movement

Here at the Market, we like to tout the benefits of shopping locally for your food and farm products, and you, our customers, get it. But we're only in our sixth year, and appreciation of local foods goes back a lot farther than the use of that label. Bean suppers are a great traditional expression of how local food and local cooking build community, and Belgrade Lakes' Beanhole Bean Supper, the first Saturday in August (that's tomorrow!), is a classic.

The “Beanhole”, as it is affectionately known, has been running every year since the mid-60s, when a gang from the Belgrade Lakes Chamber of Commerce decided to build a beanhole behind the old Rec Center (between the present-day Dairy Bar and Fire Station). They dug a huge pit and lined it with large rocks— thanks to the geological moraine right there— and cooking the beans became a key summer social event. They were started the night before. The fire had to be built and tended— this was the guys' job— and meanwhile the women involved were getting the beans soaked and ready. For some reason the fire had to be tended late into the night, and I'm not sure that had much to do with cooking beans. In the morning the beans are put into the huge iron kettles with the fixins- salt pork, molasses, onion, etc, the lids are put on, and the pots lowered into the pit and

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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—



Cabbage is an excellent source of vitamins K and C: 1 cup of shredded cabbage contains 91% of the RDA for vitamin K and 50% for vitamin C. It is also a very good source of fiber, manganese, vitamin B6 and folate, and a good source of thiamin, riboflavin, calcium, potassium, vitamin A, tryptophan, and magnesium. And a study published in *Cancer Research* confirmed that women who eat more *Brassica* family vegetables have a much lower risk of breast cancer.

THAI CABBAGE SALAD (ingredients from the market are bolded)

Adapted from one of Sue's favorite cookbooks, [Hot & Spicy by Marlena Spieler](#). A great alternative to coleslaw for a summer salad.

shred or very finely slice 1 small head **cabbage**

dice 1 **cucumber**

shred ½ **carrot** if you have it

combine:

- 1/3 c vegetable oil
- 1/3 c white vinegar
- 2 Tbl sugar or 1½ Tbl honey
- 3 Tbl soy sauce
- 1 c chopped **cilantro** or **parsley**
- 1 – 2 Tbl red salsa or 1 tsp chile-garlic paste
- 4 cloves **garlic**, chopped

1-2 **hot chiles** (jalapenos or others), thinly sliced, or to taste

toss dressing with vegetables. (can do ahead to this point and stick in fridge.)

Just before serving, top with:

- 1 c chopped dry-roasted peanuts
- 5 chopped **green onions**
- 1/2 **red bell pepper**, chopped, if you have it

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covered with hot coals where the beans cook all day. Some pots are navy beans, some are yellow-eye. Meanwhile, all over town pies are baking, and at the Rec Center – now the Center for All Seasons– cole-slawn is being chopped, rolls heated, brown bread slid out of its B&M cans, coffee brewed, and tables set. Sometime in the 1970s, hot dogs were added, and that generated quite a debate on authenticity. The hot dogs won.

Now in 2010, the Beanhole continues with a grand tradition of bringing folks together to eat home-cooked food, traditional beans, and enjoy each others' company. The food itself may not all be local, but it's an event that fosters local food connections and community, and how can you beat that?

So come to the Beanhole! Enjoy a great and tasty Belgrade Lakes summer tradition.

Our **Thursday market** is continuing with a small but diverse 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.

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This week's nutrition facts on cabbage are from <http://health.learninginfo.org/nutrition-facts/cabbage.htm>.