



Sundays 8 am—1 pm
Village Inn parking lot
Main Street, Belgrade Lakes village

Local food from local folks—
come and see us!

What's new at your local market?

1 July 2011

Happy Birthday, America!

It's Fourth of July Weekend and that brings a bonus— our regular Sunday market PLUS a special market in the Post Office parking lot on Monday morning. Sunday's market will be the usual array of people and products (and yes, it's strawberry season); Monday morning, we'll be contributing to the general festivities— Belgrade Lakes on the 4th is fun all day long! (See the complete schedule of activities [here](#).) Our Monday market will include some of your favorite regulars, plus a couple vendors waiting in the wings for the Thursday market to open. Trent Emery of Emery's Farm has tomatoes and summer squash already- that sure sounds worth checking out on Monday!

As for the red, white, and blue: put your patriotism to work by supporting local food. Even if you don't grow your own, buying meat, seafood, dairy, and vegetables locally helps small farmers, and what's more all-American than that? See how much of your July 4th picnic you can source from local farms- bet you'd be surprised! Send us your local food summer celebration menus, and let's see how creative we can get.

See you at the market!



Did you know....?

Folktales says that George Washington interpreted the flag in this way: the stars, for the sky, the red, from the British colors, and the white stripes, the secession from the home country. [credit](#)

Recipe of the week— So-Simple Berry Pie (ingredients in bold type are available at the Market)



So simple! So delicious!!

1 1/2 qt **strawberries**
3/4 cup sugar
3 tablespoons cornstarch
1/2 cup water
1 tub plain **goat cheese or cream cheese** (4 oz.), softened — optional
1 (9-inch) baked pie shell (it's summer.. You can buy it ready-made without guilt!)

Mash enough strawberries to make 1 c.

Combine with sugar, cornstarch, and water; cook over medium heat, stirring, until it has boiled for 1 minute. Cool.

If you want a creamy cheese layer, spread the softened cheese on the bottom of the pie shell. (You can beat it with a tad of local honey first if you like.)

Put the cleaned remaining berries in the pie shell (whole, halved, sliced- your choice).

Pour the cooked strawberry mixture over, and refrigerate 4 hours or longer.

Whipped cream? Of course!

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

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at blfarmersmarket@gmail.com