



Sundays 8 am—1 pm  
Thursdays 2—6 pm  
Main Street, Belgrade Lakes village

Local food from local folks—  
come and see us!

## What's new at your local market?

11 August 2011

### It's National Farmers' Market Week!

The USDA has proclaimed August 6-13 as National Farmers Market Week. (Here in Belgrade, we'll stretch that one day to include this Sunday's market.) Farmers markets have grown 150% in the last decade— from 2,863 markets in 2000 to 7,175 in 2011. As demand grows for fresh local food, farmers markets are fostering appreciation for agriculture in rural as well as urban neighborhoods, putting farmers in the center of the food system, and allowing independently owned family businesses to thrive. "Farmers markets grow healthy farms, healthy people, and healthy communities," says Stacy Miller, Executive Director of the [Farmers Market Coalition](#) (FMC). "During Farmers Market Week, FMC invites everyone to celebrate the power of farmers markets to teach new skills, improve public health, grow viable local economies, give farmers a seat at the table, feed families in need, grow social capital, and inspire a new generation of farmers."

Wow! That's a lot of good from a simple market! It's always been about more than the food, though of course that's what draws our shoppers.

We hope you'll celebrate the occasion by visiting us— or, if you're away, by visiting a market near you. (Find markets in the US at [www.localharvest.org](http://www.localharvest.org).)

We celebrate farmers markets not only during National Farmers Market Week, but throughout the year!



#### Did you know....?

That you could get your favorite photo of the Market published on the Huffington Post's page of farmers' markets around the country? We may never make it into the top ten, but we're pretty darn scenic! Put us on the map! Details [here](#). (Or google Huffington Post top farmers markets)

### Recipe of the week— August Corn, Tomato, & Feta Salad (ingredients in bold type are available at the Market)

This is a main-course salad from our friends at [Flavorista](#): "serve warm or cold alongside grilled chicken or shrimp. Leftovers make a perfect summer lunch. "



6 ears **corn**, shucked  
1 pint **cherry tomatoes**, halved (or 2 cups chopped garden tomatoes)  
1 **cucumber**, peeled, seeded, and finely chopped  
1 orange or green **bell pepper**, finely chopped  
1/3 cup finely chopped **red onion or shallot**  
2 Tbsp. finely chopped **fresh oregano** (opt.)  
2 Tbsp. thinly sliced **fresh basil**  
2 Tbsp. finely chopped **fresh parsley**  
3/4 tsp. kosher salt  
1/4 tsp. ground black pepper  
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1/2 cup extra-virgin olive oil  
3 Tbsp. red wine vinegar  
6 oz **feta** (or **chevre**), 1 c crumbled

- Boil corn no more than 4 minutes.
- Immediately put into cold water.
- Put everything else except oil & vinegar & feta into a large bowl.
- Cut corn off cob & add to bowl.
- Toss gently.
- Whisk together the oil & vinegar.
- Drizzle the dressing over the vegetables and add 2/3 cup of feta.
- Toss gently to combine.
- Garnish the salad with the remaining feta and serve.