



Amador Farmers Market

AUG 26 2010

VOLUME 2, NUMBER 10

**"Fresh From
Our Farms
To Your
Home."**

**Certified
Farmers
Markets are
"the Real
Thing:" places
where
genuine
farmers offer
only
agricultural
products they
grow
themselves for
direct sale to
the public.**

Amador Farmers Market.

Weekend Recap

The farmers' market had another mouth-watering weekend, with the August bakeoff in Sutter Creek on Saturday, and the Salsa Contest in Jackson on Sunday. The bakeoff in Sutter Creek was judged by Steve Muni, of Hometown Kitchen on Hometown Radio, and Fran Perry, of Tea Eras on Main Street in Sutter Creek. The judges enjoyed entries made with peaches, the theme fruit of the month. Lottie Tone of Sutter Creek came in second with a delicious, finely textured Spicy Peach Cake; and Carol Sethre, also of Sutter Creek, was the first-place winner with her PeachaBerry Crisp that was bursting with fruit flavors. Both contestants won "Amador Bucks" to spend at the market.

The annual Salsa Contest in Jackson is always a big hit with customers, as it is a "people's choice" contest, with everyone getting to be a judge and vote for their favorite. Many tasters had a difficult time choosing a favorite, as all of the entries were very different from each other; these tasters enjoyed repeated trips to the salsa table as they weighed their decisions and munched on the house-made tortilla chips donated by Tambien Mexican Kitchen in Jackson, who also donated gift certificates as prizes for the event. Customers and vendors quickly snapped up the bags of these chips that were for sale at the market, confirming the commonly-heard rumors that the chips are instantly addictive. Vendor Mary Pulskamp successfully defended her title as the salsa champ, repeating last year's win with a tomatillo salsa. In second place, with a "salsa fresca" made with a variety of homegrown tomatoes, making it as pretty as it was delicious, was vendor Jayne Childress. In third place was customer Kay Placido, whose spicy tomato salsa converted even avowed "spice wimps."

Upcoming Events

Due to the relatively cool summer, we've all been waiting a long time for garden-fresh tomatoes. On Saturday in Sutter Creek, there will be an abundance of them, not only for buying, but also for tasting, as the Master Gardeners return with their annual Tomato Tasting event. Match your taste buds against the judges', and see if your favorite tomato wins!

Submitted by Diane Kriletich:

Jackson Farmers' Market—Sundays 10-1, located behind Mel & Faye's Diner
Sunday, August 29, at 10:30 Sean Kriletich is our featured chef. He will be preparing Quick & Delicious Roasted Peppers. Then at 11:15 is the

Farmers Market

Pine Grove
Wed 3 to 6 pm

Plymouth
Thurs 4 to 7 pm

Sutter Creek
Sat 8 to 11am

Jackson
Sun 10am to 1
pm

Shopping Hints

1. **Bring a cooler to protect your purchases from the heat.**
2. **Where comfortable clothes and hat.**
3. **Try new things. Open yourself up to new taste experiences.**
4. **Check out the homemade pastries, jellies, jewelry and skin care products.**
5. **See you there!**

Scrumptious Scone Contest. Test your baking talent! All entries must be registered by 11 a.m. Prizes will be awarded in two categories: 1) scones made with fresh or dried and 2) scones made without fruit. Sunday, Sept 5, at 10:30 Marta Johnson is our featured chef. She will be preparing Summer Vegetable Soup.

If you are interested in demonstrating a recipe you like, please contact Diane at 772-1604, or dianek@volcano.net

Local Eggs

With the shocking egg recall happening nationwide, customers are flocking to the farmers' markets to buy what they perceive as "safe" eggs. But are local eggs really safer? CBS news had the following article on their website, with an interview of Michael Pollan, author of The Omnivore's Dilemma.

"I buy farmer's market eggs," Pollan told CBS News by email. 'They cost more, but are a better product in every way, including taste and - because they come from small flocks that get to spend time outdoors - are safer as well. You'll spend 50 cents an egg instead of 13, but this is definitely a case of you get what you pay for.'

Research seems to back up Pollan, who has become the go-to guy on the perils of factory farming.

In Europe, where the hen-confinement practices commonly used in the U.S. are being phased out, the risk of salmonella is lower, according to the Humane Society of the United States. In one study, 30,000 samples from more than 5,000 egg operations across two dozen countries were taken to compare the salmonella risk between caged and cage-free farms. Without exception, there was a significantly lower risk of salmonella infection in cage-free eggs.

And a 2002 study published in the American Journal of Epidemiology found that people who ate eggs from caged hens had about twice the odds of coming down with salmonella food poisoning compared to those who did not eat eggs from caged hens, according to an article on the society's website."

MUSIC AT THE MARKETS

Wednesday, September 1 in Pine Grove: Crystal Image

Thursday, September 2 in Plymouth: Harry Jordan

Saturday, September 4 in Sutter Creek: James May

Sunday, September 5 in Jackson: Pat Keene

Cucumber Salad

2 to 3 cucumbers, slice thin
1/3 cup mayonnaise or sour cream
1 T vinegar (or to taste)
1 ½ T fresh chopped dill
Salt and pepper
A little sugar.

Slice cucumbers in bowl. Combine other ingredients with cucumbers and serve. Cucumbers will soften if serve later. Slice tomato will add color and flavor. Recipe serves 4 to 6 approx.

Amador Farmers Market

***Good for one dollar off purchase at the Amador
Farmers Market on Saturday Aug 26 thru Sept 1,
2010 at Pine Grove, Sutter Creek and Jackson only.***

\$1.00 off

***Bring this coupon to the Amador Farmers Market
Enjoy.***