



# Kershaw County Farmers Market Weekly Update

November 12, 2009

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## Upcoming Events

\*\*Events are weather sensitive.

### Ask a Master Gardener

Master Gardeners will be available on **Nov 14<sup>th</sup>** to answer your home gardening questions. This will be the Kershaw County Master Gardeners' last appearance at the Market this season.

### 2009 Farm Day November 14

Come on out and see farm animals, exhibits, children's activities, and farm equipment of the past.

### Farm-City Week Events

**Nov 19 - Kiwanis Club Country Breakfast**  
From 7-9 am – Lyttleton Street UMC – \$6.00 per plate.

**Nov 20 – 4-H Soup & Cornbread Luncheon**  
From 11:30 am to 2:00 pm – Extension Homemakers Bldg, 634 W. Dekalb Street – \$6.00 per meal (includes

## What's Happening at the Market?

This Saturday is **Farm Day** at the Market, 7:30 a.m. to 12:00 n. There will be animals, exhibits, children's activities and farm equipment of the past. The weather report for Saturday looks great, so bring the kids and show them how farming was done in the "old days".

Is it really true? Less than two weeks until Thanksgiving!?! When planning your holiday menu, be sure to include lots of wonderful local meat, dairy and produce. You can get it all at the Farmers Market from turkey, beef, pork or lamb for your main dish, to veggies for your side dishes, fruits and honey for desserts, and the milk, eggs, and cheeses you will need to complete those fantastic holiday recipes. Wil-Moore Farms has turkeys available for sale for a delicious Thanksgiving or Christmas meal. They have the Broad breasted, larger breed and the heritage, Bourbon red, smaller, richer, slow grown variety. Also, they now have a large selection of beef. Steaks will be \$1 off per pound. Kathy McCaskill (Old McCaskill Farm) has pork and lamb for sale for those of you that would like to experiment with something other than the traditional turkey dinner.

You can also get some of your Christmas shopping done at the Market. Our vendors have a selection of locally produced holiday gift items. There are wool blankets, socks, gloves, hats and scarves from Kathy McCaskill's sheep, gift sets from Back Country Skin Care, fruit baskets from Alan's Market and several beeswax craft items from Bell Honey just to name a few. But remember, there are only 5 more Saturdays left in this Market season. The final market for this season will be held December 12.

2010 Master Gardener calendars are available at the Kershaw County Extension Office. The perfect Christmas gift for the gardener in your family. The price for this year's calendar is \$9.00 and a pocket size calendar is included in your purchase.

Kershaw County will observe **Farm-City Week November 20-26**. Farm-City week is an opportunity to educate youth and adults about the interdependence of agriculture and industry. Farm-City Week events in Kershaw County will begin with the **Kiwanis Club Country Breakfast** at Lyttleton Street United Methodist Church on November 19 from 7-9 am (ticket price is \$6.00). The Kershaw County 4-H Advisory Committee invites you to support youth by participating in the **4-H Soup and Cornbread Luncheon** on November 20 in the Extension FCL Building at 634 West Dekalb Street 11:30 am – 2:00 pm (soup, cornbread, dessert and tea for \$6.00 – large take-out orders should be called in to the Extension Office at 432-9071 no later than Nov 17 – proceeds benefit local 4-H programs and activities). The **Farm-City Week Banquet** will be held November 23 at the Lyttleton Street United Methodist Church 7 pm – 9 pm (ticket prices are \$10.00 for adults, \$5.00 for students 18 years and under). Advance tickets for the Kiwanis Club Breakfast are available from Kiwanis Club members or the Chamber of Commerce. Advance tickets to the Farm-City Week Banquet are available at the Clemson Extension Office, the Chamber of Commerce, or the Dept. of Natural Resources/Soil Conservation Office.

soup, cornbread, dessert and tea) – Large take-out orders must be called in (432-9071) no later than Nov 17.

### Nov 23 – Farm-City Week Banquet

From 7-9 pm – Lyttleton Street UMC – Ticket prices are \$10 for adults, \$5 for students 18 and under. Advanced tickets may be purchased at the Clemson Extension Office, Kershaw County Chamber of Commerce or Kershaw County NRCS Office.

### Are you interested in becoming a KCFM vendor?

If you are interested in becoming a vendor at the Kershaw County Farmers Market, please reply to this e-mail and include your name and address. A vendor application will be mailed to you.

**If you know of someone who would like to get our Weekly Farmers Market e-mail Bulletin, please reply to this message, and furnish their 1st & last name and e-mail address or simply visit our Web Site, [www.kcfarmersmarket.org](http://www.kcfarmersmarket.org)**

## Contact Us

[www.kcfarmersmarket.org](http://www.kcfarmersmarket.org)

[donaf@clemson.edu](mailto:donaf@clemson.edu)



**[Click here to join our group of friends!](#)**

**[Click here to become a KCFM Fan!](#)**



These huge turnips and vibrant mustard greens are from Conyers Farms in Kingstree, SC.



Alan's Market is well-stocked with Florida citrus just in time for the holidays.

*A rainy week like this one is a great time to enjoy something warm and inviting in the kitchen. Visit Wil-Moore Farms or Old McCaskill's Farm next time you're at the market and pick up some local beef for a stew perfect for taking the chill off of a wet, winter night. Turn to the last page for a recipe from Farmer's Daughter.*

Please visit our Web Site [www.kcfarmersmarket.org](http://www.kcfarmersmarket.org). It features a history of the market and a brief biography of several of the individual growers who participate along with their contact information. The Harvest Schedule page shows you what may be available at local roadside markets throughout the Midlands. There is also an interactive feature that allows you to sign up to receive the KCFM Weekly Market Bulletin and provide feedback or comments and interests.

The Market, located at the corner of West DeKalb and Church Streets, (behind the First Community Bank, formerly Bank of Camden), is open on Saturdays from 7:30 AM until 12:30 PM. Remember, get there early so as not to miss out. **A note to our customers with limited mobility, you can park in the vendor area of the market thereby avoiding curbs.** There are two vendor entrances located on Rutledge and Church Streets. The success of our market is due in large part to the list of customers who get this Weekly Market Bulletin e-mail; so please encourage your friends to send their name and e-mail address to [donaf@clemson.edu](mailto:donaf@clemson.edu), sign up through our web site or sign up at the market.

## Vendors & Goods

**Alan's Market & Plant Farm** (Lugoff, Phone Orders 438-4064; [mary232@yahoo.com](mailto:mary232@yahoo.com))

- Hanging Baskets
- Transplants
- Annuals & Perennials
- Produce and Fruit
- Shrubs
- Trees



**Backcountry Skin Care Products** (Blythewood, Phone Orders 803-754-8279; [www.backcountrynubians.com](http://www.backcountrynubians.com) ; [backcountry@sc.rr.com](mailto:backcountry@sc.rr.com))

- Goat Milk Soaps
- Goat Milk Lotions and Creams
- Lip Balm
- Salves
- Sprays



**Becky's Soap Shoppe** (Ridgeway, Phone Orders 803-606-0510; [beckyssoapshoppe@yahoo.com](mailto:beckyssoapshoppe@yahoo.com) ; [www.beckyssoapshoppe.webs.com](http://www.beckyssoapshoppe.webs.com))

- Handmade soaps
- Fragrances
- Body Washes & Creams



**Bell Honey** (Rembert, Phone Orders 422-2101; [craigbell@aol.com](mailto:craigbell@aol.com))

- Gift Baskets,
- Honey (various container sizes from 5 oz. to 1 gallon)
- Honey Pot Dippers
- Ceramic Honey Pots (with honey)
- Beeswax Candle Globes
- Candles (poured & rolled)
- Honey Soap
- Candy Sticks



**Carolina Plantation** ([laguy1@bellsouth.net](mailto:laguy1@bellsouth.net))

- Gold Rice
- Brown Rice
- Cowpeas
- Grits



**Cooper Farm** (Bishopville, Phone Orders 803-425-9795)

- Locally grown seasonal produce
- Annuals & Perennials



**Dowey Farms** (Lugoff, Phone Orders 438-6462; [catoer@bellsouth.net](mailto:catoer@bellsouth.net))

- Locally Grown Produce
- Vegetables & Fruit offered for resale



**Dry Branch Ranch** (Lugoff, Phone Orders 438-1437; [www.drybranchranch.com](http://www.drybranchranch.com); [jrkonitzer@yahoo.com](mailto:jrkonitzer@yahoo.com))

- 50 Different Herbs
- Peppers

**David Lenix** (Cassatt, Phone Orders 432-9470)

- Locally Grown Produce
- Vegetables & Fruit offered for resale



**Hofield Farms** (Camden, Phone 803-432-6499)

- Locally Grown Produce
- Blackberries (beginning in June)



**The Market Gardener** (Columbia, Phone Orders 276-1298;  
[jsshough@bellsouth.net](mailto:jsshough@bellsouth.net))

- Potted Plants
- Shrubs
- Trees
- Herbs
- Transplants
- Annuals & Perennials

**Mulberry Market** (Camden, Phone Orders 424-8401)

- A variety of baked cakes, pastries, cookies, breads, etc...
- Orders taken for cakes
- Breakfast items



**Old McCaskill's Farm** (Phone Orders 432-9537;  
[leemccaskill@bellsouth.net](mailto:leemccaskill@bellsouth.net); [oldmccaskillsfarm@gmail.com](mailto:oldmccaskillsfarm@gmail.com))

- Pork
- Lamb
- Goat
- Wool Blankets
- Hand Knit Wool Socks
- Yarn Skeins
- Felting Bundles
- Pencil Roving
- Lamb Hides



**SCF Organic Farms, Ltd.** - Certified Organic (Sumter, Phone Orders 469-0116; [azeezmustafa@yahoo.com](mailto:azeezmustafa@yahoo.com))

- NOP Certified Organic Produce



**Wil-Moore Farms** (Lugoff, Phone Orders 438-3097; [keith@wil-moorefarms.com](mailto:keith@wil-moorefarms.com); [www.wil-moorefarms.com](http://www.wil-moorefarms.com))

- Grass Fed Beef
- Pork
- Lamb
- Free Range Poultry
- Eggs
- A variety of Wisconsin Cheeses
- Milk
- Goat milk from Lone Palmetto Farms



**Windswept Farms** - Certified Organic (Camden, Phone Orders 425-8227; [j\\_kendall@infoave.net](mailto:j_kendall@infoave.net))

- NOP Certified Organic produce



### **This Week's Recipe: BEEF STEW**

Recipe provided by Farmer's Daughter, an internet blog of a local farming devotee. Visit Farmer's Daughter at [www.farmersdaughterct.wordpress.com](http://www.farmersdaughterct.wordpress.com).

#### **Beef Stew**

- 1" thick beef chuck steak cut into 2" chunks, or 2 lbs stew meat
- 2 Tbsp flour
- salt and pepper
- 3 peeled and crushed garlic cloves
- 3 sprigs of thyme
- 4 cups water
- 1 Tbsp Worcestershire sauce
- 4 medium potatoes, peeled and cut in cubes
- 3 carrots, peeled and cut into chunks

Coat the beef in flour and sprinkle with salt and pepper. Brown over medium heat in a large Dutch oven. Add the garlic cloves and thyme leaves, Then pour in the water and Worcestershire sauce. Bring up a simmer while scraping the browned bits off the bottom of the pan. Cover and put in a 300°F oven for 1 hour. Remove from the oven and add potatoes and carrots. Stir and put back in the oven for another 2 hours, until the meat is tender and the vegetables are soft.

#### **Dumplings**

- 1 cup flour
- 1/2 Tbsp baking powder
- 1/4 tsp salt
- 2 Tbsp melted butter
- 1/2 cup milk

Combine all ingredients. Drop by rounded tablespoon into the simmering stew, then cover and bake for another 15 minutes.

**We've got a good thing growing!**

**See you at the market!**