



Kershaw County Farmers Market Weekly Update

November 19, 2009

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What's Happening at the Market?

The holiday season is here. When planning your holiday menu, be sure to include lots of delicious 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.

Upcoming Events

**Events are weather sensitive.

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 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.



The blooms are bursting open on Janet Cooper's Christmas cactus!



The Market Board and Vendors are thankful for the continued support of the community!

While picking up supplies for your Thanksgiving meal, don't forget to do a little Christmas shopping. Market 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 4 more Saturdays left in this Market season. The final market for this season will be held December 12.



Craig Bell's honey is great in holiday baskets and for making delicious goodies!



Lois Stuber admires Kathy McCaskill's local wool products – lap blankets, gloves, socks and more!

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.

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

Contact Us

www.kcfarmersmarket.org

donaf@clermson.edu



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

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.

Sweet potatoes are in abundance this time of year, making them a perfect addition to the Thanksgiving table. Scroll down to the last page for a sweet potato recipe sure to please.

Please visit our Web Site 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@clermson.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)

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



Backcountry Skin Care Products (Blythewood, Phone Orders 803-754-8279; www.backcountrynubians.com ; 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 ; www.beckyssoapshoppe.webs.com)

- Handmade soaps
- Fragrances
- Body Washes & Creams



Bell Honey (Rembert, Phone Orders 422-2101; 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)

- 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)

- Locally Grown Produce
- Vegetables & Fruit offered for resale



Dry Branch Ranch (Lugoff, Phone Orders 438-1437; www.drybranchranch.com; 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)

- 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; 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)

- NOP Certified Organic Produce



Wil-Moore Farms (Lugoff, Phone Orders 438-3097;
keith@wil-moorefarms.com; 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)

- NOP Certified Organic produce



This Week's Recipe:

Sweet Potato Souffles from ***Sundays at Moosewood Restaurant***

as found on the local food champion website www.cooklocal.com

Serves 4

- 2 large sweet potatoes, peeled
- 1/4 cup brown sugar
- 3 Tbsp butter, melted
- 4 eggs, beaten
- 1/4 cup rum
- 1/4 tsp cinnamon

1. Preheat the oven to 350.
2. Cook the sweet potatoes. You can roast them in the oven, but I prefer boiling them since you're going to mash them and roasting them could caramelize the outsides a bit too much.
3. Mash the sweet potatoes using a potato masher or stand mixer.
4. In the mixer, beat the sweet potatoes with the brown sugar, butter, eggs, rum, and cinnamon.
5. Transfer the batter in to a buttered 2 quart baking dish or into individual ramekins.
6. Bake for 45-50 minutes or until a knife inserted in the center comes out cleanly.
7. Cool slightly and serve warm or cold.

We've got a good thing growing!

See you at the market!

