



Kershaw County Farmers Market Weekly Newsletter

May 13, 2010

Volume 4, Number 5



KCFM Hours:

Saturdays 8:00 am – 12:00 pm
2nd Saturday in April thru 2nd Saturday in December

KCFM Location:

Corner of Rutledge and Church Streets, Camden, SC

Upcoming Events

**Events are weather sensitive.

Armed Forces Day

May 15 – Camden Military Academy Flag Presentation
10:00 am

Children's Activities

Kids' Ag Craft – May 15

Cooking/Craft Demonstrations

To be announced.

**Customers with limited mobility can park in the vendor area on Rutledge Street to avoid curbs.

Contact information located on last page.

What's Happening at the Market?

It was another great day at the market! Paul and Jeff entertained market customers with terrific free music. There were 29 vendors who reported great sales to about 550 shoppers. Local and resale produce were available along with meat, dairy, eggs, coffee, candies, breads and other goodies. Bill Harrington our birdhouse builder sold 20+ of his bluebird houses. Thanks to the Master Gardeners for sharing their wisdom.

Sustainable Table is an organization that celebrates local sustainable food, educates consumers on food-related issues and works to build community through food. Check out their website at www.sustainabletable.org for information on why and where you should buy local, sustainable, organic foods whenever possible.

Spring continues to delight our senses and bring sweet, tender vegetables to our tables. Shelling peas (or English peas) and snap peas were available in abundance at the Market on Saturday. Shelling peas have a very short season, so be sure to pick some up at the Market if they are still available! A simple preparation is often the best method to prepare fresh foods. Just such a method, as provided by Alice Waters, famed champion of local foods, can be found on page 2. Enjoy!



Paul and Jeff – “playing for food”.



Baby Alice enjoys her first trip to the Market!



Windswept Farms had a nice harvest of English peas and snap peas.



These bright green pea pods were found at the Cooper's table. Peas are a classic pairing with veal, lamb and poultry.



Join our group of friends!

<http://www.facebook.com/group.php?gid=77437355168>

Become a KCFM Fan!

<http://www.facebook.com/pages/Camden-SC/Kershaw-County-Farmers-Market/51918425806?ref=s>

Vendor Spotlight

Windswept Farms (Camden, Phone Orders 425-8227; j_kendall@infoave.net)

- NOP Certified Organic produce



Becky's Soap Shoppe (Ridgeway, Phone Orders 803-606-0510; beckyssoapshoppe@yahoo.com ; www.beckyssoapshoppe.webs.com)

- Handmade soaps
- Body Washes
- Body Scrubs
- Soy Massage Candles



This Week's Recipe: Buttered Peas
from The Art of Simple Food by Alice Waters

"The easiest, and maybe the best, way to serve tender shelling peas is to shell them and then cook them in 1/2 inch or so of salted boiling water. Peas take longer to cook than you might expect; I find they take around 4 minutes. Keep tasting them, and drain them when they are done to your liking. Put a large pat of butter on them and a sprinkle of salt, stir together, and serve immediately. If you have it available, chervil is wonderful chopped and stirred in. A slice or two of prosciutto or other ham can be julienned and stirred in with the butter, which makes a lovely pasta sauce for fresh or dried egg noodles. The peas can also be cooked in olive oil instead of butter."

Note: this way of cooking shelled peas can also be applied to sugar snap peas cooked whole, or cut in half lengthwise or diagonally.

Contact Us

Website:

www.kcfarmersmarket.org

Newsletter E-Mail List

www.kcfarmersmarket.org/newsletters/2009/newsletter_request.htm

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Vendor Applications:

www.kcfarmersmarket.org/for_vendors/for_vendors.htm

Mailing Address:

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We've got a good thing growing!!