



# Kershaw County Farmers Market Weekly Newsletter

May 20, 2010

Volume 4, Number 6



## KCFM Hours:

Saturdays 8:00 am – 12:00 pm  
2<sup>nd</sup> Saturday in April  
thru 2<sup>nd</sup> Saturday in December

## KCFM Location:

Corner of Rutledge and Church Streets, Camden, SC

## Upcoming Events

\*\*Events are weather sensitive.

## KCFM Site Cleanup

May 22<sup>nd</sup> - immediately following the market. Many hands make light/quick work; if you are able, please grab some gloves and join us for the cleanup.

## Ask a Master Gardener

May 22<sup>nd</sup>

## Music at the Market

To be announced.

## Children's Activities

To be announced.

## Cooking/Craft Demonstrations

To be announced.

## What's Happening at the Market?

"Life is not measured by the breaths that we take but by the moments that take our breath away"

This Saturday at the market we had several breath-taking moments. Perhaps for you it was the moment that the Camden Military Academy drummers drew the attention of all of the market shoppers and vendors to the CMA color-guard marching the American flag through the market in honor of our armed forces. Did you notice that the American flag was waving perfectly in the breeze?

Maybe it was the moment when current and former armed forces members raised their hands and the market crowd applauded them for their service to our country...

Or perhaps your breath was stolen by the smiles on the children's faces when they planted their very own tomato plant. Thank you Krista Gurley and Karen Price for volunteering to help the children learn a little bit about how food grows. The cups in which the children planted the tomatoes were clear so that when the children begin to see roots growing they will know that it is time to plant the tomato in the garden or in a container on the porch. Look to the column to the left of this newsletter for future dates for more children's activities monthly at the market.

Or it could have been just the sheer beauty of the day that took your breath away.

It could be that we Kershaw county residents are just plain blessed to have a great farmers' market that allows us the chance to meet the farmers that grow our food. The average food on an American's plate travels over 1500 miles. Buying food from the Kershaw County Farmers market can reduce that number in many instances to under 20 miles. Read the labels, all of the vendors are required to have them. Know where your food comes from. Feel free to ask the farmers and vendors questions.

Have a seat at the picnic tables and watch the children play, chat with your neighbors and catch your breath!

See you at the market this Saturday!

**Be sure to watch SC E-TV this Tuesday, May 25<sup>th</sup>, at 7pm for the " Making it Grow" show. KCFM's very own Old McCaskill's Farm will be featured.**

*Deviled eggs are a southern favorite at dinners, tailgates, and family gatherings. Use local eggs from the KC Farmers Market for the freshest and best taste! For a basic deviled egg recipe with a twist, see page 3.*

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

Contact information located on last page.



**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>



In celebration of Armed Forces Day, Camden Military Academy color-guard presents the American flag at KCFM.



Sweet granite onion and greens were available from Azeez and Fathiyyah Mustafa with SCF Organic Farms.



Chase McLain (4-yrs old) and Lainey Moore (6-yrs old) are assisted by Karen Price in planting some tomato plants to grow in their home garden.



Fran Rowland with Mulberry Market assists customers eager to take home some of her delicious pastries, scones, and cookies!

## Vendor Spotlight

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

- NOP Certified Organic Produce



**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



### **This Week's Recipe: Deviled Eggs**

- 12 hard boiled eggs, cut in half with yolks removed (Local eggs are the best and the freshest!)
- ¾ cup & 1 Tbsp. Mayonnaise
- 1/3 cup prepared Mustard
- 4 oz. finely chopped black olives, drained
- ¾ tsp. salt
- ½ tsp. Black Pepper

Mash yolks with a fork and add mayonnaise and mustard. Whisk with a small wire whisk into a fluffy paste. Gradually fold in black olives, salt, and pepper. Fill egg halves and refrigerate until ready to serve.

## **Contact Us**

Website:

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

Newsletter E-Mail List

[www.kcfarmersmarket.org/newsletters/2009/newsletter\\_request.htm](http://www.kcfarmersmarket.org/newsletters/2009/newsletter_request.htm)

Market Manager:

[simmonsmarketman@hotmail.com](mailto:simmonsmarketman@hotmail.com) or 803-427-0667

Vendor Applications:

[www.kcfarmersmarket.org/for\\_vendors/for\\_vendors.htm](http://www.kcfarmersmarket.org/for_vendors/for_vendors.htm)

Mailing Address:

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