



# Kershaw County Farmers Market Weekly Newsletter

June 3, 2010

Volume 4, Number 8

## 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.

### Ask a Master Gardener

June 5

### Music at the Market

To be announced.

### Children's Activities

To be announced.

### 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.



## Extra! Extra! Read all about it! EARLY BIRD GETS THE WORM, AT THE KCFM!

Just mention the word "Worm" to the kids at the Kershaw County Farmers' Market and watch their eyes glow. This Saturday at the market Mr. Harrington had kids crowding around his truck bed to look in his boxes for the mealy worms and beetles that he grows. He feeds the worms to wild bluebirds that nest in his birdhouses. He is happy to share his knowledge with shoppers and can make you your very own bird house and worm box to grow worms to attract bluebirds to your backyard. Rumor has it that with enough patience you can get the birds to eat out of your hand!

Yes, the early shoppers at the Kershaw County Farmers' Market get to enjoy the still pleasantly cool Saturday mornings while picking the prime vegetables from the vendors. Late sleepers might have missed out this Saturday on the local new potatoes, cabbage or the organic green scallions and mixed lettuce. Local produce (squash, cucumbers, blackberries, etc) is now in season here in Kershaw County. June is almost here and the Palmettovore challenge is on. Challenge yourself to eat one meal a week or even one meal a day made from food grown in our very own Palmetto State, South Carolina. Be sure to ask the farmers where the food that you purchase comes from. You can also look for the Certified South Carolina Grown logo to help you with your challenge. For more information on the benefits of local food visit the website [www.palmettovore.org](http://www.palmettovore.org).

*Southern cooks have long been challenged with discovering ways of preparing the fruit of the prolific Curcubita pepo or squash. Whether it is the familiar dark green zucchini, the pale yellow crookneck, or the pattypan, squash is bountiful in South Carolina! Spend the summer exploring the many delicious ways to experience our local squash harvest. A recipe for the tried and true Southern classic, squash casserole, can be found at the end of this newsletter.*



Bill Harrington shows the kids the grubs he raises to feed bluebirds.



Livingston Farms show off their corn and peaches.

**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>



Annex 20 "going to the dogs".



Wendy and Charles King enjoy the boiled peanuts at the market.

## Vendor Spotlight

**Matthew Watson** - (Kershaw, watsonmh60@yahoo.com)

Locally grown

- Vegetables
- Watermelon
- Cantaloupe
- Corn

**Lynwood Horton** (Bethune)

Locally grown

- Watermelon
- Sweet corn
- Okra
- cantaloupe

**This Week's Recipe: Squash En Casserole**

Submitted by Mrs. R. Crosby Newton, Marlboro Co.

The South Carolina Cookbook: A Collection of Recipes by South Carolina Council of Farm Women, published in 1953

Cook summer yellow squash until tender, drain all water off, mash. Grease casserole with butter. Arrange layer of squash in casserole, add layer of cracker crumbs over this, add layer of grated yellow cheese. Fill casserole using two layers of each. Add sweet milk to moisten, dot with butter, salt and pepper to season, as arrangement is placed in casserole. Bake in moderate oven over 350 degrees until delicate brown.

## 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:

P.O. Box 42

Camden, SC 29021

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