



Kershaw County Farmers Market Weekly Newsletter

June 10, 2010

Volume 4, Number 9

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.

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.



**Join our group of
friends!**

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

The turnout to the KCFM never ceases to amaze. Plenty of vendors (36) and customers (300) showed this beautiful Saturday morning, with a bounty of fresh local produce. Our local market has grown to the point that a KCFM customer can make an entire in-season meal from local sources. The meal could start with a shrimp cocktail appetizer with fresh shrimp caught off of the Carolina coast. A salad could follow with fresh greens, tomatoes, carrots, spring onions, topped with a free range boiled egg. The main course could consist of sautéed squash, zucchini and onions and a new-potato salad made with fresh herbs and more spring onions. Beef, pork, poultry, lamb and goat are all options for the meat in our Palmettovore meal. Let's not forget the dessert! It could be a peach cobbler with homemade ice cream using Happy Cow milk.

Speaking of which, how cool is it to get comfortable in your hammock after attending this Saturday's KCFM, open up your newest edition of Mother Earth News magazine, and turn the page of a *national* magazine to read about the Pelzer South Carolina dairy whose milk you just bought at the market! The article about Twelve Aprils Dairy that produces Happy Cow milk is not on the Mother Earth News website so you have to pick up a copy of the magazine itself, but it's worth it. You won't be disappointed!

Fresh berries are a real summer treat! Berries are delicious plain or in yogurt for a healthy snack, or in baked goods like in the fresh blackberry fruit pie recipe at the bottom of the newsletter. Remember to buy local for the freshest taste!



These beautiful blackberries are grown by Robert and Polly Marsh and are available at Annex 20's table.



Anna K. Wallace samples some of Happy Memories' delicious local fudge!

Become a KCFM Fan!

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



Fresh SC Shrimp!
Rachel Silverman brought these gorgeous shrimp in from McClellanville, SC – nothing's finer!



Kathy McCaskill's grand-girls were kept busy selling fresh plums and summer squash.



Old McCaskill Farms, sleepyhead.

Vendor Spotlight

B's Greenhouses - (Camden, 1-843-995-3720)

- Perennials
- Annuals
- Vegetable Plants
- Herbs
- Hanging Baslets

Alan's Market (Lugoff, Phone Orders 438-4064; mary232@yahoo.com)

- Hanging Baskets
- Transplants
- Annuals and Perennials
- Produce and Fruit
- Shrubs
- Local Strawberries (in season)



This Week's Recipe: Fresh Fruit Pie for Blackberries from Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert

9-inch pastry shell

4 cups blackberries (or replace 1 cup with sliced apples)
1/2 cup sugar
3 tablespoons quick-cooking tapioca

Crumb topping: Mix together 1 cup flour, 1/2 cup sugar, 1/2 cup chopped nuts (optional). Cut in 3 tablespoons butter and 1 tablespoon oil to make crumbs.

Prepare a 9-inch pastry shell. In the bottom of the crust sprinkle a small amount of sugar. Mix remaining sugar and tapioca together then add the fruit; pour into the pie crust. Cover with a second crust into which vent holes have been made or sprinkle with crumb topping. Bake in pre-heated oven at 425F for 10 minutes. Reduce heat to 350F and continue baking for 25-30 minutes.

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

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We've got a good thing growing!!