



Kershaw County Farmers Market Weekly Newsletter

June 17, 2010

Volume 4, Number 10

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.

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>

Become a KCFM Fan!

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

Lots of chatting on Facebook this week about how well our Kershaw County Farmers Market is going this year. People are asking who was instrumental in revving it up this year. It's a secret recipe that I will share with only you newsletter readers:

Take 22 farmers and 10-12 more various food and arts and craft vendors, add a healthy dose of faithful customers that show every Saturday, rain or shine, record cold or record hot. Add a pinch of entertainment for the adults and the children (and treats for the dogs!). Blend it all with beautiful sunny mornings, picnic tables, umbrellas and a flowing layout. Sprinkle the finished product with a passionate group of board members, and there you have it! A great farmers market that wouldn't "taste" as good without any one of the ingredients. We've got a good thing growing!

Seniors' Farmers Market Nutrition Program

Senior adults may qualify for coupons to buy fresh fruits and vegetables from authorized vendors at the Kershaw County Farmers Market. Seniors may apply for coupons from 9:30 am to 2:30 pm on Monday, June 21, at the Kershaw County Council on Aging, 906 Lyttleton Street, Camden. Applicants must be age 60 or older with a low income. They must provide proof of identity through a driver's license or identification card and proof of residence in Kershaw County. Coupons can be used only to buy fresh SC grown fruits, vegetables and herbs from authorized vendors at the farmer's market (cannot be used at grocery stores or other unauthorized locations). To redeem your coupons, visit the KCFM and look for vendors displaying the Farmers' Market Program Poster.

The market has such a wide variety of produce available this time of year – fruits, veggies, eggs, meat and dairy. Check out the recipe at the end of the newsletter for the perfect way to combine a little of just about all of these into one fabulous dish!



Fresh corn, cucumbers, and Sungold tomatoes were a delightful attraction at Annex 20's table.



Nice variety! Cushaw and hubbard squash were available along with the familiar crookneck yellow and zucchini squash at SCF Organic Farms.



The Cooper's quickly sold out of their Silver King corn on Saturday!



Colorful gladiolus from Windswept Farms caught the eye of many market customers.

Vendor Spotlight

Dowey Farms - (Lugoff, 803-438-6462, catoer@bellsouth.net)

- Locally grown produce
- Vegetables & fruit offered for resale



Truesdale Farms (Camden, 803-424-7878)

- Landscape plants
- Vegetable plants
- Flowers



This Week's Recipe: Farmers' Market Quiche
from Wendy King, KCFM Board Member

4 farmers' market free range eggs
 1 cup Adluh South Carolina Certified All Purpose Flour
 1 cup Happy Cow milk
 1 cup shredded cheese
 1 cup leftover cooked vegetables
 (suggestions: asparagus, sautéed greens such as collards or cabbage, bell peppers, broccoli, mushrooms, last year's okra from the freezer, use your imagination!)

Salt and pepper to preference
 ¼ cup Happy Cow cream cheese cubed into ¼ inch cubes

Optional:
 Fresh Herbs such as chives, oregano, basil etc.

¾ cup browned farmers market sausage or country ham

Beat eggs. Add and mix all other ingredients except cream cheese to thick batter consistency. Drop in cream cheese cubes. Pour into prepared and cooked pie crust. Bake 375°F for 45 minutes or until firm.

Great grab and go breakfast for the whole week! Good source of protein. Enjoy for breakfast, or for lunch with a side salad. Also tasty served cold.

Note: If you like to use homemade pie crusts in your recipes, try making quick and easy South Carolina Freezer Pie Crusts.

South Carolina Freezer Pie Crusts (makes 6 large crusts)
Also from Wendy King

6 cups Adluh South Carolina Certified self-rising flour
2 tsp salt
2 ⅓ cups softened Happy Cow butter
1 ¼ cups water (or more if needed)

Mix first 3 ingredients then add water enough to form a ball. Divide into 6 portions and roll into balls. Wrap each with plastic wrap then aluminum foil, date and freeze.

Thaw (microwave works great on defrost). Roll or press into pie pan. Prick with fork. Bake at 400°F for 10-12 minutes.

Excellent for sweet or savory recipes.

Contact Us

Website:
www.kcfarmersmarket.org

Newsletter E-Mail List
www.kcfarmersmarket.org/newsletters/2009/newsletter_request.htm

Market Manager:
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www.kcfarmersmarket.org/for_vendors/for_vendors.htm

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We've got a good thing growing!!

