



Kershaw County Farmers Market Weekly Newsletter

July 1, 2010

Volume 4, Number 12

KCFM Hours:

Saturdays 8:00 a – 12:00 p
2nd Saturday in April thru 2nd
Saturday in December

KCFM Location:

Corner of Rutledge and
Church Streets, Camden, SC

Upcoming Events

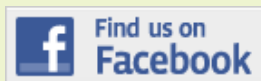
**Events are weather sensitive.

Ask a Master Gardener

July 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!**

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oup.php?gid=77437355168](http://www.facebook.com/group.php?gid=77437355168)

Become a KCFM Fan!

[http://www.facebook.com/p
ages/Camden-SC/Kershaw-
County-Farmers-
Market/51918425806?ref=s](http://www.facebook.com/pages/Camden-SC/Kershaw-County-Farmers-Market/51918425806?ref=s)

With recent rains, gardens are bursting with fresh local fruits and vegetables. Some produce in season right now are blue berries, blackberries, peaches, sweet corn, cucumbers, beets, beans, onions, and of course TOMATOES.

There's nothing as satisfying as your first summer tomato sandwich of the season. Vine-ripe, juicy and tangy, slathered in Duke's mayo (made, by the way, in Greenville, South Carolina). Layer the tomato slices on kalamata olive bread from Mulberry Bakery and you have a real summer treat! You won't even mind the juices dripping down your chin!

Or perhaps you want to make a salsa with your tomatoes purchased at the market. The jalapeno plants are just beginning to produce and will add that perfect heat to your salsa. There's no need to buy Vidalia onions from Georgia for your salsa. It seems that our South Carolina soils produce onions that are just as sweet.

Another way to eat Kershaw County Farmers Market tomatoes is to make tomato pie (another use of Duke's). **Look below for a great tomato pie recipe from Paula Deen.** Be sure to add in some fresh basil!

Some other ideas for your local tomatoes: A tomato, onion and cucumber salad made fresh from veggies grown in Kershaw County. Cider vinegar adds just the right twang to this southern favorite. You could also make stuffed tomatoes. Corn is also in season and is excellent filler. Or stuff your tomatoes with fresh shrimp salad, made from shrimp caught off of the Carolina coast. Just use your imagination!

When you are grilling for your 4th of July celebration, be sure to throw on some thick tomato slices drizzled with olive oil and garlic. Involve your kids in sun-drying some Roma tomatoes for a fun treat that might get your kids eating more than ketchup or pizza sauce as their sole source of tomato intake. Speaking of pizza, who needs sauce when you can layer your crust with slices of fresh tomato?

If you are trying to eat local in-season produce, take advantage of this bountiful season, be a Palmettovore, and enjoy a different tomato recipe every day of the week. And when you are... heaven forbid, sick-and-tired of tomato sandwiches, don't forget that because they are an acid fruit, you can easily can tomatoes to enjoy this winter. You can use the canned tomatoes for sauce for your spaghetti, juice, soup, casseroles, stews, ketchup, barbecue sauce, gumbo, succotash.... You get the picture!



Annex 20 offered these juicy blueberries – a surefire summer treat!



These dedicated educators and volunteers took turns in the dunking booth and collected donations for School Tools to help provide for needy Kershaw County students.



The profits from these plums were for spending money for these girls on their family summer vacation.



This show stopping Lord Baltimore Hibiscus was quite a conversation starter at the Coopers booth!



When it comes to family farming, the Willoughbys are the real thing! Zachary Willoughby can be seen helping out his family most every Saturday at the Market.

Vendor Spotlight

Marti Boykin Wallace - (Camden, 803-713-0954,
mbwallace@truvista.net)

- Pottery
- Functional earthen and stone ware

This Week's Recipe: Tomato Pie

Courtesy Paula Deen, FoodNetwork.com, Farmers Market Episode

4 tomatoes, peeled and sliced
10 fresh basil leaves, chopped
½ cup chopped green onion
1 (9-inch) prebaked deep dish pie shell
1 cup grated mozzarella
1 cup grated cheddar
1 cup mayonnaise
Salt and pepper

Preheat oven to 350 degrees F.

Place the tomatoes in a colander in the sink in 1 layer. Sprinkle with salt and allow to drain for 10 minutes.

Layer the tomato slices, basil, and onion in pie shell. Season with salt and pepper. Combine the grated cheeses and mayonnaise together. Spread mixture on top of the tomatoes and bake for 30 minutes or until lightly browned.

To serve, cut into slices and serve warm.

Contact Us

Website:

www.kcfarmersmarket.org

Newsletter E-Mail List

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

Market Manager:

simmonsmarketman@hotmail.com or 803-427-0667

Vendor Applications:

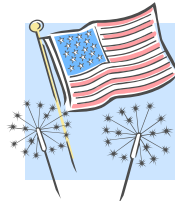
www.kcfarmersmarket.org/for_vendors/for_vendors.htm

Mailing Address:

P.O. Box 42

Camden, SC 29021

We've got a good thing growing!!



**We wish you and your family a
safe and happy 4th of July!**