



# ITHACA FARMERS MARKET

August 2011

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## Take the Challenge

Most of the food we eat comes from hundreds or thousands of miles away. Show your support and take the Locavore Challenge this September 2011.

In 2010, NOFA-NY (Northeast Organic Farmers Association Of NY) hosted its first ever Locavore Challenge to run throughout the month of September, and it's back.

The NY Locavore Challenge is a month-long campaign aimed at engaging consumers across the state to eat local organic foods. The goal for this campaign is to educate consumers about how to make healthy and ethical food choices, cook with in-season, local organic foods, while supporting local sustainable farms and food. Register on line at:

<http://www.nofany.org/events/ny-locavore-challenge/about-challenge>

## Eat Your Zip Code

While the best part of eating locally is the food itself, there are many reasons to eat local foods. By taking control of your food choices you make an impact on yourself, your community and mother earth.

Locally produced organic foods are picked at the height of freshness, and because they are not shipped from hundreds or thousands of miles away have not lost their nutritional values. Why not eat and experience the flavor of fresh foods.

Locally produced organic foods don't have to travel as far making the carbon footprint smaller. You can be confident that your purchases are fresh and free from harmful chemicals

By purchasing local organic foods you are supporting local business. All the food produced at the Ithaca Farmers Market is produced within 30 miles from the market pavilion!

## Fresh List

### Greens

Bok Choy, Chard, Collards,  
Lettuce Mixes, Lettuce, Kale

### Fresh Herbs

Basil, Cilantro, Dill, Mint, Oregano,  
Parsley

### Vegetables

Beets, Broccoli, Cabbage,  
Cauliflower, Cucumbers, Garlic,  
Kohlrabi, Mushrooms, Beans  
(dried), , Green Beans,  
Onions, Potatoes, Tomatillos  
Tomatoes

### Fruit

Blueberries, peaches, black berries,  
currants, gooseberries, plums

### Bedding Plants

Fresh Baked Goods  
Flower Bouquets

### Prepared Foods

Cuban  
Asian  
Macrobiotic  
Mexican  
Sri Lankan  
And much more

### Photography

Cutting Boards  
Clothing  
Jewelry  
Artwork  
Quilts  
Wood Carving  
Furniture  
Pottery  
Hammock chairs  
Blown and Flame Worked Glass



## PRUNE PLUM SPRITZER

Bring 1 cup sugar, 1 cup water, ¼ teaspoon whole black peppercorns, and a pinch of salt to a boil in a saucepan. Add 6 prune plums, cut into 1" pieces; return to boil. Let cool. Refrigerate until ready to use (up to a week). Serve over ice, topped with seltzer or a combination of seltzer and

CAFÉ RED

FROM

BOOTH #78



MEET AMY HNATKO

OF ASHNATKO DESIGNS

BOOTH #40

My interest in photography began early in life. After several byroads - teaching in college, a stained glass studio, making one-of-a-kind kaleidoscope sculptures, several of which are in museums, a line of originally designed clothes - I returned to my first passion, making the most distinctive images I can.

My goal as a photographer is to present you with a piece of art work that will retain your interest and enjoyment through the years and will allow you to find new relationships within the composition. I print the images on art canvas which allows one to view the scenes without the interference of glass, which must be used to protect traditional photographs.

[www.ASHnatkoDesigns.com](http://www.ASHnatkoDesigns.com)

[www.WaterfallPhotosNY.com](http://www.WaterfallPhotosNY.com)

Amy has been a member of the market since 1997. She is the chair of our Informational Technology Committee

## Market Hours:

### Dewitt Park

Tuesdays 5/3 - 10/25 — 9am-2pm  
Thursdays 6/9-10/27 — 4pm-7pm

### Steamboat Landing

Sat. 4/2 - 10/29 — 9am to 3pm  
Sat. 11/5 - 12/24 — 10am to 2pm  
Sun. 5/1 - 10/30 — 10am to 3pm

### Women's Community Building

Sat. Jan and Feb — 11am to 2pm

## ITHACA FARMERS' MARKET COOKBOOK

Order on line

<http://www.ithacamarket.com>



**AMERICA'S  
FAVORITE  
FARMERS MARKET  
CONTEST STARTS  
JUNE 1, 2011**

**CAST YOUR VOTE  
TODAY**

**[http://action.farmland.org/site/PageServer?pagename=best\\_local\\_farmers\\_market\\_vote](http://action.farmland.org/site/PageServer?pagename=best_local_farmers_market_vote)**

## 2010 Market Weddings



Part of CPO's dedication modified organisms. They are also a part of the ongoing search for sustainable farming rotations, bio-diesel and other energy alternatives, on-farm composting, and the advancement of methods to sustainably build the health of the soil. CPO currently grows a wide variety of dry beans and grains. Although the company's main focus is toward healthy food for the community's people, CPO also grows certified organic feed for the region's livestock.

*HAPPY 80<sup>TH</sup> BIRTHDAY*

*BOB STULL*



Bob has been a market member since 1985

Booth #16

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