



# ITHACA FARMERS MARKET

February  
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## WINTER MARKET Saturdays

January and February  
The Space@Greenstar  
11am -2pm



### STICK AND STONE FARM

Congratulations Lucy and Chaw  
Baby Girl 6 lbs 12 oz, born 1/15/12 @ 6:34 am

"Rhoda Irene"

### GARLICLY CORE PESTO

Adapted from  
*"An Everlasting Meal"* by  
*Tamar Adler*

4 to 5 cups stems, cores of  
cauliflower, broccoli, kale,  
collard greens, Swiss chard,  
cabbage, sliced or diced into ½  
inch pieces.

3 cloves garlic

½ cup olive oil

½ teaspoon salt water

Put everything in a pot just big  
enough to hold it and add water  
to cover by half. Cook it at  
below a simmer until it's  
smashable. Keep just enough  
water in the pot to make sure  
the bottom's not burning, adding  
a little water as you need it.

## Fresh List

### Greens

Kales, Collards, Tatsoi, Mei  
Ging, Spinach, Escarole,  
Frisee, Salad

### Vegetables

Beets, Brussel Sprouts,  
Cabbages (Napa and Green),  
Kohlrabi, Garlic, Mushrooms,  
Frozen Green Beans,  
Potatoes, Carrots, Root  
Vegetables, Fresh Sprouts,  
Shallots

Buffalo meat, pastured raised  
chicken, fresh eggs, huge pork  
chops, tender beef, mouth  
watering lamb.

### Fresh Baked Goods

Chutney's  
Plants

### Prepared Foods

Cuban  
Gyro's

### Value Added

Photography  
Cutting Boards  
Clothing  
Jewelry  
Artwork  
Furniture  
Soaps  
Herbals

## GARLICKY CORE PESTO CONT.

When everything is soft, puree it quickly in a blender or food processor, or simply smash it with a wooden spoon until you get tired, leaving moments of appealing, irregular texture. This is delicious dolloped on toast and grated with Parmesan, or treated as a side dish and served with fish or meat, or, with a cup of Parmesan cheese added, mixed with pasta.

"Lecker"

*The "Everlasting Meal" explains the simple truth of cooking without special equipment or exotic ingredients. It's a wonderful read.*

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## ONE SWELL GAL

FIND THESE BEAUTIFUL CHANGE  
PURSES AT THE WINTER MARKET

<http://www.etsy.com/shop/oneswellgal>



## My Potato Project; The Importance of "Organic"

<http://www.youtube.com/watch?v=exBEFCiWyW0>

## "List of Winter Market Vendors:

### Ag:

Red Tail Farm  
Sacred Seed  
Pleasant Valley Gardens  
Blue Heron Farm  
Muddy Fingers Farm  
Ezra Peachy  
Autumn Harvest  
Rainbow Valley Ranch  
Dancing Turtle  
Blue Oyster Cultivation  
Waid's Honey  
Stick and Stone Farm  
Sabols Farm  
Littletree Orchards  
Glenwood Farms  
Keeley's Cheese  
Oxbow Farm  
Evergreen Farm  
Buried Treasures  
Kirby's Farm  
Straightway Farm  
Fingerlakes Farmstead Cheese

### Foods/Wineries:

On the Street Concessions  
LaPalada  
Bolter Creek  
Bellwether Cidery

### Artisans:

Sundance Designs  
Plum Creek  
ASHnatko  
Frosty Morning  
Susan Verberg  
Mt Pleasant Woodworking  
Dave Brown Woodworking  
One Swell Gal  
Captivating Clay Creations

### Bakeries:

Fat Boy  
Veronika  
Just Desserts

Here's a map to the Space

<http://maps.google.com/maps?hl=en&q=700%20W.%20Buffalo%20St.%201thaca%2C%20NY%2014850%20%28enter%20on%20north%20end%20of%20building%29>