



ITHACA FARMERS MARKET

December
2011

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RUTABAGAS FOR CURL TO BE "BEST EVER," SAYS FARMER

By Aaron Munzer

The annual Rutabaga Curl this year will feature what local farmer Robin Ostfeld is calling the "biggest, roundest, best-rolling rutabagas ever."

Although she said the growing season was hard for other, less important crops like tomatoes and lettuce, the harvest of the centerpiece of the annual tradition was not impacted by a dry summer and wet fall.

Ostfeld's Blue Heron Farm has been the official organic farm provider of the crucial crop since the inception of the games in 1996, which also featured frozen chicken curling, a now discouraged practice.

Currently, Ostfeld said the cruciferous roots are swelling in the field in anticipation of their ultimate destiny in the middle of the curling circle at the Farmers Market, bumping valiantly into other ferocious tubers.

MT. CRUCIFEROUS



This picture has not been altered in any way after it was made

**International Rutabaga Curl
This December 17, 2011**

Fresh List

Greens

Bok Choy, Chard,
Collards, Kale, Lettuce Mixes

Squash

Acorn, Butternut, Hubbard

Vegetables

Beets, Bok Choy, Broccoli,
Brussel Sprouts, Cabbage,
Garlic, Mushrooms, Frozen
Green Beans , Green Beans,
Onions, Potatoes

Fruit

Apples

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

Bedding Plants

Fresh Baked Goods, Xmas
Stolen

Flower Bouquets

Xmas Wreaths

Prepared Foods

Cuban

Asian

Macrobiotic

Mexican

Tibetan

And much more

Photography

Cutting Boards

Clothing

Jewelry

Artwork

Quilts

Wood Carving

Furniture

Pottery

Hammock chairs

Blown and Flame Worked
Glass

Christmas Stollen

from

"Fat Boy Bakery"



A SIMPLE MARKET POULTRY RECIPE

By Aaron Munzer

Market vendor Cheryl Barton of Bellwether Hard Cider shares this recipe for a roasted Guinea hen from Autumn's Harvest Farm. Barton said the recipe can be duplicated for other poultry, including chicken, duck and turkey, but said the guinea hen was "absolutely delicious."

Dresden Stollen festival



Augustus II the Strong, by [Louis de Silvestre](#)

Every year a Stollenfest takes place in Dresden. This historical tradition ended only in 1918 with the fall of the monarchy,^[1] and started again in 1994, but the idea comes from Dresden's history. Read more: <http://en.wikipedia.org/wiki/Stollen>

1 Guinea hen, in cast iron frying pan

Lemon, halved

olive oil

butter

salt

1 bottle Bellwether Hard Cider

Preheat the oven to 425 degrees. Rub salt on the inside of the bird, along with the juice of a half lemon. Then rub the bird's exterior with a mixture of olive oil and butter, and pour enough oil to cover the pan in the bottom. Baste the bird frequently, and remove from the oven when the interior temperature is 160 degrees and the bird is cooked. Before serving, rub with more salt and lemon. If desired, deglaze pan with cider and cook down for a fruity, tangy sauce to accompany the bird. Pair with King Baldwin or Spyglass cider.

Market Hours:

We would like to express our sincere apologies for any inconvenience we may have caused as a result of our Fall Hour changes. Every season starting on the first Saturday of November we open at 10am instead of 9am. This year we are closing an hour earlier too. Instead of 3pm we close at 2pm.

Saturdays at Steamboat:
For the remainder of the 2011 season:
November 5 to December 17
9am to 2pm

2012 Season:

Tuesdays at DeWitt Park
Reopen May 1, 2012
Thursdays at DeWitt Park
Reopen June 7, 2012
Saturdays at Steamboat Landing
April 7 9am-3pm
Sundays at Steamboat Landing
May 6, 2012

WINTER MARKET THE SPACE @ GREENSTAR JANUARY AND FEBRUARY 11AM-2PM

700 West Buffalo St.
Best entrance to parking from
intersection of Court St and N.
Fulton St.



Tribute GET A SPICY HOT PEPPER EUCALYPTUS WREATH THIS WINTER

By Aaron Munzer

It's definitely not your average holiday wreath.

With explosions of hot peppers ensconced by pillowy blue-green eucalyptus, Littleflowers' winter wreath selections are a unique way to bring summer memories to a cold winter's night.

The idea for these fragrant, spicy wreaths came about quite by chance, after a bumper harvest of ornamental peppers and eucalyptus greens one year at Alison Wiley's flower farm in Newfield.

So they twisted them into rings and brought them to farmers market, and found they had created one of their most sought after products.

"They're pretty time consuming, but they're also really popular," Wiley says.

She says the peppers are also edible, and while some are very spicy, others might be milder, and they're great for adding a kick to winter soups or stews.

The pepper-eucalyptus wreaths sell for \$40, and they'll last all winter, as they're pre-dried. In addition, Wiley also offers dried flower wreaths and traditional evergreen wreaths.

FRESH NEWS

USDA: 'Locally grown' food a \$4.8 billion business, READ MORE HERE:
<http://www.businessweek.com/ap/financialnews/D9R0CNE00.htm>

37 Seconds at the Ithaca Farmers Market
By Robin Wishna

<http://www.youtube.com/watch?v=uU4nX5e5bT4>
<http://www.youtube.com/watch?v=uU4nX5e5bT4>
<http://www.youtube.com/watch?v=uU4nX5e5bT4>
com/w*****

**Blue Oyster Cultivation Time
Lapse Video**

<http://www.youtube.com/watch?v=rswvDdtk8LI&NR=1>



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