



September
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**Here's a fun tune
about Tomatoes**

**Jay Unger and Molly
Mason**

with

Swingology

Home Grown Tomatoes

From The Relax Your Mind

**With our own "local" Harry
Aceto**

**[http://youtu.be/Bo
DVEIUR4xs](http://youtu.be/BoDVEIUR4xs)**

**I Say Tomayto, You
Say Tomahto...**

Biggest tomato tree.

According to the *Guinness Book of World Records*, the largest tomato tree grows at Walt Disney World Resort's experimental greenhouse and yields a harvest of more than 32,000 tomatoes and weighs 1,151.84 pounds (522 kg). The plant was discovered in Beijing, China, by Yong Huang, Epcot's manager of agricultural science, who took its seeds and grew them in the experimental greenhouse. Today, the plant produces thousands of golf ball-sized tomatoes that are served at Walt Disney World's restaurants, and can be seen by tourists riding the "Living With the Land" boat ride at the Epcot Center.

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, plums,
Concord grapes

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

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

Carriage House Woodworking

Owner-Jim Marland



Sunday at the Gazebo

October 25

9am to 3pm

Jim Marland has done woodworking demonstrations at Sunday Market several times this season. Jim has forty-two years of woodworking and turning experience which he said he wants to share with his customers.

Just like the last time, he'll be giving turnings away as they are produced. He won't do any really complicated things, just fast and easy things. He'll be doing 1 hour long demonstrations probably 4 or 5 times during the day.

He said although lots of vendors don't have the time or the help to do demonstrations, because they have to tend their booth, he does recommend it, it does help his business. He said he gave away a lot of items, and as a result of that, people came back in weeks past and bought more things.

VENDOR BIO

BY AARON MUNZER

Ely Fruit Farms, Booth 61

Marie Ely-B.

Agricultural practices used/farm philosophy:

We use integrated pest management, where we observe for problems, if we see problems we deal with it, otherwise we keep watching. We try to grow top quality fruit, we try to limit our farm to something that can be handled by 2 or 3 people. We believe that we've had a family farm for years and years and we like it that way. We have 12 acres of grapes under cultivation currently.

Where is your farm located?

Part of it is on State Rt. 414, and another part is on Shumway road, it's part of a Revolutionary War grant given to our ancestors, who fought in the war. It's been in our family since 1803. We're very proud of our farm heritage, at one point where my house was there were 1800 peach trees but it's mostly just been grapes. I remember so well my grandfather telling me about taking the fruit by horse and buggy to the train station to go to the cities.

How long have you been a market member?

We've been here for over thirty years; I'm not exactly sure when my dad started.

Why did you first decide to join the market?

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

Winter Market

The Space @Greenstar

Sat. Jan and Feb
— 11am to 2pm

Check our web site
at
www.ithacamarket.com
for weekly
specials on the
home page.

Ely Fruit Farm cont.

Basically, it's part of the family heritage thing, I retired from my job in 2003 from my job in Virginia, I wanted to spend time with my dad, I've worked by his side since I was three years old, and I got to spend 2 and a half good years with him when I came back.

What do you sell at market, and what is your best-selling item?

Grapes are our best-selling item, we also sell berries, and we had an abundance of plums last year, last year we had zero pears, this year we have a lot, we kind of just go with the flow. We sell Native American grapes, they're excellent eating grapes. The best way to eat them is pull them off the vine, pop the skin off and eat the pulp whole.

What is your best market memory?

One summer, my dad was interviewed about his peaches by someone from IC with a camera. He had such pride; he was telling the interviewer about our experience, and the amazement in his eyes and the interviewer, it was just a beautiful moment.



Easy Roasted Tomato Salsa

To this chunky style salsa I added some smoked paprika and chipotle peppers instead of the chili peppers.

Ingredients

12 Roma (plum) tomatoes
2 cloves garlic, unpeeled
1 small onion, quartered
1 jalapeno chili pepper
1 1/2 tablespoons olive oil
1 teaspoon ground cumin
1/4 teaspoon salt
3 tablespoons fresh lime juice
1/4 cup chopped fresh cilantro

Directions

1. Preheat the broiler.
2. In a medium baking dish, place Roma (plum) tomatoes, garlic, onion and jalapeno chili pepper. Drizzle with olive oil.
3. Checking often, broil 5 to 10 minutes or until outsides of vegetables is charred. (**I roasted mine in the oven**)
4. Remove vegetables from heat. Remove and discard tomato cores, jalapeno stem and garlic skins.
5. In a food processor, coarsely chop the charred vegetables. Transfer to a medium bowl and mix in cumin, salt, lime juice and cilantro.

ITHACA FARMERS' MARKET COOKBOOK

Order on line

<http://www.ithacamarket.com>

Or

Stop by the market to purchase



Proceeds from The Ithaca Farmers Market Cookbook benefit the cooperative of local farmers, foragers, culinarians, and artisanal craftspeople based in Ithaca, NY.

Like us on Facebook

<http://www.facebook.com/ithacamarket>

VENDOR BIO

BY AARON MUNZER

Macdonald Farms

**Shelley and Tom MacDonald,
with sons Lucas, Trevor, Adam
and Parker
booth 44 Sundays**

Agricultural practices used/farm philosophy:

Our goal is to raise nutrient dense produce which really means taking care of the soil as much as we can so it will impart nutrients to the food. We don't use any chemicals, we aren't certified but we do follow organic practices. This year we have farmed on certified land.

Where is your farm located?

We rented land from Erick Smith in Brooktondale this year, and then we raised additional crops at Teeter Road.

How long have you been a market member?

We started in 1980; we're the oldest-running members except for Ginny Gartlein.

Why did you first decide to join the market?

Because in the 80s, we were really interested in providing healthful local food to our community, we didn't want to eat food from California, it just didn't make sense. CSAs had not come to the area at that time. After being on the farm all week, not seeing anyone but the same old people, it's great to get some customer feedback from people who love and appreciate your product.

What do you sell at market, and what is your best-selling item?

We sell mixed vegetables, leeks, scallions, greens, and fermented probiotic food products like pickles and sauerkraut. Our best selling product changes every year, whatever grows nicest seems to sell the best. Every year we can't predict what will come out great and what will come out so-so.

Favorite Vegetable?

I would pick soybeans, it's protein and you can mix it up a bit, if you're going to just have one. I love Asian greens and squash. I love vegetables, I love cooking them and I pride myself in my cooking and creativity.

What is your best market memory?

I remember coming to market when it was behind the railroad, by the inlet, and I would come in a Volkswagen bus with my children, they all wanted to come to get off the farm, I would put one of the children in the playpen and all day they would try to escape.

How did you get started farming?

It came from a really deep interest from eating chemical free, quality food, and it's an appealing way to support our idealistic views of self-care and good food. I helped my dad with his small farm when he was a kid, he made all us kids help, including chasing the cows in my shorty pajamas when they got out and ran down the street. I was ten or eleven, and that was so embarrassing.



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**Congratulations to Bellwether Hard Cider for being mentioned in Bon Appetite!**



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Market new Pg. 3

Blank page Pg. 4