

READING, OH

# FARMERS MARKET

EST 2019

August 6, 2021



**Fridays, 4p-7p, Occurring May 21st through September 24th**

### VENDOR SPOTLIGHT: Just Farmin'

Our main farmers, Steve and Barb Willis run Just Farmin' in Liberty Township. Without them, there would be no Farmers Market in Reading. They love being in this area and the customers who come to see them each week. Their mission is to only grow natural produce in the purest form so that health conscious people can eat what they produce and feel safe. Stop by and introduce yourself and let them tell you about their delicious produce!

### THE VEGGIE/FRUIT FORECAST

Corn, Tomatoes, Blackberries, Red French Fingerling and All Blue Potatoes, Arugula, Broccoli, Basil, Beets, Cucumber, Cabbage, Eggplant, Garlic Scapes, Leaf Lettuce, Bibb Lettuce, Salad Mix, Variety of Peppers, Yellow Squash, Scallions, Turnips, Herbs and Zucchini are expected to be at the Market this week!

### MAKE PRODUCE LAST LONGER

- Some fruits and vegetables—like apples, ripe bananas, pears, & potatoes—produce ethylene that accelerates the ripening process of other fruits & veggies. If you want to ripen something quickly, stash it with apples. But if you're trying to prolong lifespans, separate. Let bananas have their own spot, don't store potatoes and onions together, and keep apples in a designated part of the fridge.
- Dunk your berries in 125°F water for 30 seconds when you get home to make them last longer. Hot water treatments can slow mold growth on berries — which in turn can make them last longer.
- Store herbs, leafy greens, and mushrooms in paper bags or wrap in paper towels. The plastic bag it came in will prevent the moisture in your veggies from evaporating which will cause it to start to go bad.

### NEW THIS YEAR:

**MUSIC:** Zoe Nienaber will be with us every week  
**DRINK TRUCK:** Grounded Coffee Transit this week

### KIDS CRAFTS & KIDS CLUB!

Scan the QR code below to sign your child up to sell their handmade crafts and stop by the welcome booth to get their Kids Club punch card!



## SEASONAL RECIPE: Berries

This recipe can be varied by swapping out berries with an equal amount of shredded summer squash.

### Berry Muffins - Makes 12 muffins

- 1 ½ C whole wheat flour
- 1 C rolled oats
- 1 T baking powder
- 1 t ground cinnamon (optional)
- *Combine in a bowl.*
- 1 egg
- 1 C milk
- ¼ C oil
- ¼ C honey or agave
- *In another bowl, combine and mix well. Add wet ingredients to the dry ingredients and stir until just moistened.*
- 1 ½ C fresh or frozen berries
- Fold in berries. Fill well-greased muffin tins ¾ full. Sprinkle top with cinnamon sugar. Bake in preheated oven at 400 degrees for 15-20 min.

Recipe courtesy of [Simply in Season](#)

**Follow Us on Social Media. Use the camera on your cell phone to scan the QR Code:**



## THIS WEEK'S VENDORS

- ★ Just Farmin'
- ★ RB2 Farms
- ★ Millbranch Soap and Herbs
- ★ 4 B's and Trees
- ★ Diane's Heavenly Delights
- ★ G&B Kitchen
- ★ Botanical Blends by Kim
- ★ CC's Blooms
- ★ Floured and Formed Breads
- ★ Gluten Free Creations by Georgina
- ★ Sweet Butter Bakery
- ★ Susan's Stitchery
- ★ Elfie and Coco
- ★ Lone Lotus Candle Company
- ★ Kids Crafts Booth

## UPCOMING EVENTS:

**National Farmers Market week: Aug 1st - 7th!**



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