



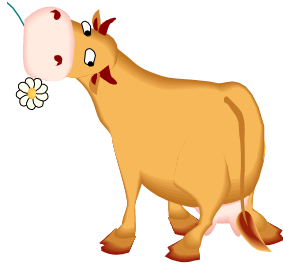
KINGSTON FARMERS' MARKET

Newsletter

July 17, 2010

Kingston Farmers' Market, P.O. Box 3794, Kingston, NY 12402
www.kingstonfarmersmarket.org (845) 532-6044

Today at the Market...



Storyteller, Joe Peck,
 who milks 100 registered Holsteins on Peckhaven Farm in Saratoga County, NY, will be telling humorous stories about life on the farm.

Books & CDs by Joe Peck:

- A Tractor In The House & Other Smashing Farm Tales
- A Cow in the Pool & Udder Humorous Farm Stories
- Laugh 'Til the Cows Come Home
- The Udder Side of the Story



Today at the Market...

Crafts-on John Street
 Local Artisans



Crafts
 1st and 3rd
 Saturdays

www.kingstonfarmersmarket.org

Newsletter sponsored by Law Offices of Basch & Keegan, LLP



We need you!!

Kingston Farmer's Market
 looking for
KIDS (6-12)
 &
PARENTS
 to participate in
Operation Frontline



Hands-on classes about where our food comes from and how to get it on the table in low cost, healthy and great tasting ways.



- Free Classes
- Free curriculum book and recipes
- Taught by professional chef/nutritionist
- Each week cook and eat a recipe
- Learn about eating healthy
- Classes run Sept. 4th thru Oct. 9th
- 11:00am-1:00pm.
- Please plan on attending all 6 sessions!

To find out more...
 call Lisa at 845-802-6931

EBT/FMNP
 Available

July 25th Market Recipe

Courtesy Diane Reeder
Queens Galley

Fruit and Herb infused vinegars

can be used to kick up dressings and marinades, finish pan sauces, or pickle vegetables--and they make wonderful gifts. Once the steeping is completed, these vinegars keep for several months. However if you plan to use them as gifts garnish at the last moment because many solids left in the jar may discolor or break down. Try varied combinations with whatever is in your garden or available at the market!

Makes 2 cups

1 1/2 cups packed fresh herb leaves plus sprigs for garnish, rinsed and spun dry
3 cups berries, picked over or other fruit of choice roughly chopped

2 cups rice vinegar (available at Kimms on Wall Street)

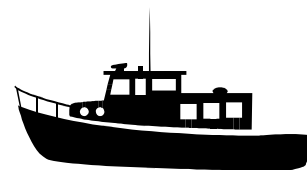
Put the herb leaves in a very clean 1-quart glass jar and bruise them with a wooden spoon. Add the berries and mash them with the spoon. Add the vinegar and let the mixture steep, covered with the lid, in a cool dark place for at least 4 days and up to 2 weeks, depending on the strength desired. Strain the vinegar through a fine sieve into a glass pitcher, discarding the solids, and pour it into very clean pint glass jars. Add the herb sprigs and seal the jars with the lids.

Some flavor combinations we suggest:

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Herb	Fruit	Vinegar
Mint	Raspberry	Rice Wine
Rosemary	Lemon	Red wine
Thyme	Blueberry	Rice wine
Parsley	Garlic	Balsamic
Sage	Apple	Cider

Wondering what to do in Kingston?



Rondout Lighthouse Tours

Lighthouse Tours on the "Lark", 45 foot long 47-seat vessel

\$10 per person

Reservations suggested

Tickets available

Hudson River Cruises landing dock
1 East Strand, Kingston, NY.

Call 845-340-4700.



Kingston Farmers' Market Saturdays Thru November 20

Rain or Shine



Upcoming Events:



<i>Healthy Eating Series: Pickles Corn Roast II</i>	7/24
<i>Senior Day</i>	7/31
<i>Healthy Eating Series: Simple Meals Crafts-on-John St.</i>	8/7
<i>Healthy Eating Series: Peaches, plums & more Storytelling KID'S DAY</i>	8/14