



KINGSTON Newsletter FARMERS' MARKET

July 31, 2010

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

Today at the Market...

SENIORS' DAY In Recognition of our Senior Citizens

Sponsored by

Rural **Ulster**
Preservation Company



Office for the Aging

Beginning at 9:00 am



*Blood pressure
and
glucose screenings*

EBT/FMNP
Available

Thank you to...

Migliorelli & Davenport Farms
for donating delicious corn for our
Corn Roast last week



Migliorelli Farm
Great picks of the season for produce.
<http://www.migliorelli.com/>



Davenport Farms
Locally grown produce from Stone Ridge. Try the
Mimi cakes and cider donuts for a walk around
treat while you browse the seasonal offerings.
www.davenportfarms.com

*Market Open
Saturdays Thru November 20
Rain or Shine*



www.kingstonfarmersmarket.org

Newsletter sponsored by Law Offices of Basch & Keegan, LLP

Today's Recipe

Courtesy of
Panzarella Foods

Panzarella's Panzanella Salad

- 1 small day-old ciabatta loaf, cut into 1 inch cubes
- 1 red onion, finely sliced
- 3 very ripe tomatoes, loosely chopped
- 1 cucumber, loosely chopped
- 2 tsp capers
- 1 handful of fresh basil leaves, torn
- 1/2 lb fresh mozzarella, torn into small chunks
- 1 cup arugula leaves loosely chopped

For the dressing

- 4 tbsp extra-virgin olive oil
- 2 tbsp red wine vinegar
- 1 tsp sugar
- 1 tbsp fresh lemon juice
- Sea salt and freshly ground black pepper

Toss the bread, onion, tomatoes, cucumber, capers, basil, mozzarella and arugula into a large salad bowl. For the dressing, whisk together all the ingredients, and then pour over the salad an hour before serving. The bread will pick up some of the juices without going soggy.

Serves 4

Kingston Farmers' Market
locally grown products



Saturdays Thru November 21
Rain or Shine



We need you!!

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

- 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
- Please plan on attending all 6 sessions!

To find out more...

call Lisa at 845-802-6931

Up the Creek

Maritime Museum
Join us for a sunset
paddle on the
Rondout Creek.



These trips will explore the wildlife and history of the Rondout, including the barges and bridges. Programs include guided tour, kayak, life vest and paddle. Call ahead early for reservations!! \$25 for Kingston residents, \$35 for non-residents. 845-331-1682, ext 7336

www.forsythnaturecenter.org

Upcoming Events:

Healthy Eating Series: Simple Meals Crafts-on-John St.	8/7
Healthy Eating Series: Peaches, Nectarines Story Telling KID'S Day	8/14