



KINGSTON Newsletter FARMERS' MARKET

August 7, 2010

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

Today at the Market...

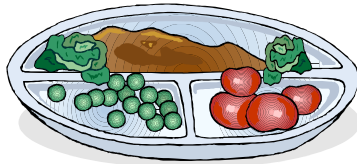
Keep It Simple...



**Noel Conklin
Certified Nutrition
Counselor**

11am-12noon

Keep it simple... meals from the market – Noel will prepare some simple meals with ingredients from the market so you can get outside and play!



Join Noel Conklin, Certified Nutrition Counselor, for a cooking demonstration and talk.



Sponsored by

Haynes LLewellyn

EBT/FMNP
Available

Rexcroft Farm

Our farm is family run and has been in existence since the late 1700s.



The fruit, vegetable and greenhouse aspect of the operation has been building since 1996. Previous to that, we were primarily a dairy farm. All of our fruits and vegetables are hand picked, hand washed and hand packed. This significantly reduces bruising and waste product.

www.rexcroffarm.com



TODAY...

Crafts-on John Street

Local Artisans

Crafts every
1st and 3rd
Saturdays



www.kingstonfarmersmarket.org

Newsletter sponsored by Law Offices of Basch & Keegan, LLP

August 7 Market Recipe

Courtesy Diane Reeder
Queens Galley

Fresh Corn Salad

Try adding cubed cooked chicken, turkey or shrimp for a quick summer meal. Let it marinate overnight and use it to top grilled meat or fish for a bright zap of flavor and crunch! Make this on a Saturday with **CORN** straight from the **Kingston Farmers Market** and you'll see what all the fuss is about!

Combine in large bowl:

3 cups fresh corn kernels (cut from about 6 small ears of corn)
2 medium tomatoes, halved, seeded, chopped
2 medium green peppers seeded chopped
2/3 cup finely chopped red onion

In blender, purée until smooth:

1/4 cup olive oil
1/4 cup chopped fresh basil
2 tablespoons chopped fresh mint
2 tablespoons seasoned rice vinegar
1 tablespoon fresh lime juice
2 teaspoons (packed) golden brown sugar
1 garlic clove
Salt and pepper

Just before serving, pour dressing over corn mixture and toss.

Makes 6 servings.

Kingston Farmers' Market
locally grown products



We need you!!

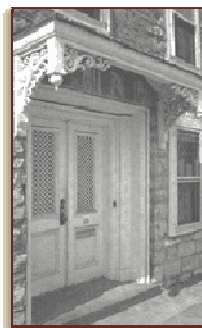
Kingston Farmer's Market
looking for
KIDS (6-12)
&
PARENTS
to participate in
Operation Frontline

- 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

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

Matthewis Persen House Tours

The Persen House, named after its longest resident Matthewis Persen (1739-1819) is located at the **corner of Crown and John Streets** in uptown Kingston's historic stockade district will be **open Tuesdays through Saturdays from**



Memorial Day weekend to Labor Day weekend. Saturday tours are planned to be provided by the historical society and museum volunteers from throughout the county. For further information call County Clerk Nina Postupack at 340-3040 or visit the Ulster County Alive

website at: www.ulstercountyalive.com.

Upcoming Events:

Healthy Eating Series: <i>Peaches, Nectarines</i>	8/14
Story Telling KID'S Day	
Healthy Eating Series Crafts on John	8/21