



KINGSTON Newsletter FARMERS' MARKET

August 14, 2010

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

Today at the Market...

Peaches, Plums & Nectarines



Join

Janie Greenwald,
Cornell Coop Extension Nutrition
Program Educator

She'll demonstrate easy & nutritious
recipes using these great summer fruits
See fruit recipes on back

Starts at 11:00



Sponsored by

Wright Farm

699 Route 208
845-255-5300

KID'S DAY

Stories for kids of all ages!

Starts at 10:30

Janet Carter



&

Face Painting



Starts when storytelling
ends In front of
Theresa & Co. store

This event is sponsored by

Theresa & Co.

Theresa Misasi

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EBT/FMNP
Available

www.kingstonfarmersmarket.org

Newsletter sponsored by Law Offices of Basch & Keegan, LLP

What you can do with...



Peaches, Nectarines, & Plums

Peaches, Nectarines, and Plums are ready for you at your Farmers' Market. They are great eaten out of hand, providing vitamin C, fiber, and potassium, among other nutrients. However, these luscious fruits can add pizzazz to other dishes too.

Here are some suggestions from your **Kingston Farmers' Market and Cornell Cooperative Extension of Ulster County.**

Ripe, but firm fruit works best for these dishes. Remember to always wash fruits under running water before cooking or eating them. For lower fat content, brush the grill with oil rather than coating the fruit with oil.

Peaches & Cheese Sandwiches

For each sandwich allow about 1 tbsp. of fat free cream cheese and 1 tbsp. of low fat blue cheese. Blend these together with chopped fresh rosemary to taste and spread on each slice of bread. After washing the peaches, cut them in half lengthwise and remove the pits. Lightly brush or spritz both sides of the fruit with oil. Grill the peaches cut side down for about 5 minutes. Turn them and grill for another 4 to 5 minutes. Place a peach half on one slice of the prepared bread and cover with another slice of bread. Allow one to two peach halves per sandwich, depending on the size of the bread.



Grilled Nectarine Salad

After washing the nectarines, cut them in half lengthwise and remove the pits. Lightly brush or spritz both sides of the fruit with oil. Grill the fruit cut side down for about 5 minutes. Turn them over and grill for another 4 or 5 minutes. Serve on a bed of salad greens topped with goat cheese, red onions, chopped fresh thyme, and Balsamic vinegar dressing. Add salt, if desired.

Peaches, Nectarines, & Plums (cont'd)

BBQ Plums



After washing the plums, cut them in half lengthwise and remove the pits. Lightly brush or spritz both sides of the plums with oil. Grill the plums cut side down for 4 to 5 minutes. Turn them over, spread a little BBQ sauce and brown sugar on the side that is up now. Grill for another 4 to 5 minutes. These go well with duck, pork, or chicken.



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

Upcoming Events:

Healthy Eating Series Crafts on John	8/21
Tomato Festival Storytelling	8/21