



# KINGSTON Newsletter FARMERS' MARKET

August 21, 2010

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

## Today at the Market...

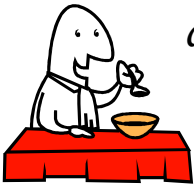


All Day



The Kingston Farmers' Market Presents  
**HEALTHY EATING SERIES**  
aimed at educating the community about the nutritional value of local produce found at the Kingston Farmers' Market and to show how to incorporate these foods into daily diets. Today's event is coordinated by

**Today** Jennifer McKinley  
Board Certified Nutrition Counselor  
*Glorious greens highlighted by a kale salad will be the chef demonstration.*



Crafts-on John Street



Crafts every  
1<sup>st</sup> and 3<sup>rd</sup>  
Saturdays

[www.kingstonfarmersmarket.org](http://www.kingstonfarmersmarket.org)

Newsletter sponsored by Law Offices of Basch & Keegan, LLP

## Chambers Elementary School Garden Club Volunteers from Grades 3-4-5



Student members will discuss how plants were chosen for their differing "flavors" in their garden beds at school.

The themed planting beds include a soup bed, pizza bed, salad bed medicinal bed and a butterfly garden.

Find out how these students raised money created community awareness

See them demonstrate how to make pesto as well as serve sliced veggies for tasting.

## Today on Fair Street!



10 am – 3 pm

**Antique Fire Engine Muster  
&  
Open House**

**Volunteer Firemen's Hall & Museum**  
265 Fair Street, Kingston, NY

EBT/FMNP  
Available

# August 21 Market Recipe

Courtesy Diane Reeder  
Queens Galley

## Zucchini Melon Salad

*The texture of the raw zucchini is similar to a cucumber and the vegetable makes a great substitute for cucumber in various recipes. This combination keeps the flavors of the vegetable and fruit pure and simple. The mint can be switched out for basil for a different twist and feel free to play with a variety of citrus juices for the lime. Smoked chicken tossed in makes for a complete summer no cook meal just minutes after getting the ingredients home from the farmers market!*

- 1 large zucchini (about 1 lb) shaved with vegetable peeler**
  - 1 teaspoon sea salt**
  - 1 medium-small honeydew melon, seeded, rind removed and cut into wedges**
  - 8 oz wedge Parmigiano-Reggiano shaved with vegetable peeler**
  - 1/4 cup packed fresh mint leaves, cut crosswise into thin shreds**
  - 1/4 cup extra-virgin olive oil**
  - 1/4 cup fresh lime juice**
- Cut zucchini crosswise diagonally into 1/8-inch-thick slices using a vegetable peeler or adjustable slicer and transfer to a colander set over a bowl. Sprinkle with salt, tossing to coat, and let stand 5 minutes, then rinse under cold water. Arrange in 1 layer on paper towels and pat dry.*
- Cut melon wedges lengthwise into 1/8-inch-thick slices using an adjustable slicer.*
- Divide melon and zucchini among 4 plates. Top with cheese curls and mint. Drizzle each plate with oil and lime juice. Season with salt and pepper. Serve immediately.*

**Makes 4 main-course servings.**



## 16TH ANNUAL ARTISTS' SOAPBOX DERBY Where Art Meets Gravity..



Donskoj & Co. and the City of Kingston are proud to announce the 14th Annual Artists' Soapbox Derby,

**Sunday, August 22nd** beginning at 1:00 PM on **Lower Broadway** in the historic **Rondout Section of Kingston.**



## We need you!!

Kingston Farmer's Market  
looking for  
**KIDS (6-12)**  
&  
**PARENTS**

to participate in  
**Operation Frontline**

**TO FIND OUT MORE...  
call Lisa at 845-802-6933**



- 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. 4<sup>th</sup> thru Oct. 9<sup>th</sup>

## Upcoming Events:

<i>Tomato Festival</i>	8/28
<i>Storytelling</i>	
<i>Healthy Eating Series</i>	9/4
<i>Crafts on John</i>	
<i>Operation Front Line</i>	
<i>Forsyth Nature Center</i>	