



KINGSTON Newsletter FARMERS' MARKET

September 4, 2010

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

Today at the Market...

Pika's Farm Table

*"An Ode To Our Belgian Grandmothers
Who Made A Feast Of Every Meal"*



If you are hungry for meals made out of fresh ingredients, meals that have simmered for hours, authentic meals that transfer you back to the good old times, when busy schedules not yet dominated our lives..... try some of Pika's Quiches and Vegetable Tarts.

Crafts-on John Street *Local Artisans*



NY Blood Center Bloodmobile
John Street right behind CRAFTS
Give blood and save a life!!

Starts at 11:00

Make Your Own Sauerkraut



Join

Noel Conklin
Certified Nutrition Counselor

Learn how to make your very own sauerkraut the old fashioned way

Sponsored by
Schneiders Jewelers
and
Fleisher's Meats



Forsyth Nature Center

Stop by their booth and learn about the exciting year round environmental education and nature based programming held in all city parks and nearby natural areas.

www.kingstonfarmersmarket.org

Newsletter sponsored by Law Offices of Basch & Keegan, LLP

EBT/FMNP
Available

Today's Recipe

SAUERKRAUT
makes 1 quart



Ingredients:

1 medium cabbage, cores & shredded
1 tablespoon caraway seeds
1 tablespoon sea salt
4 tablespoons whey (OR use an additional
1 tablespoon salt)
(4-5 juniper berries may be substituted for
caraway seeds)

Method:

In a large bowl, mix cabbage with caraway seeds, sea salt, & whey (if using). Pound with a wooden pounder or meat hammer for about 10 minutes until the juices begin to release.

Place in a quart size mason jar using a funnel & press down firmly with a pounder until juices come to the top & begin to cover the cabbage. *There should be at least 1 inch of space between the cabbage & top of the jar.*

Cover tightly & keep at room temperature for about 3 days before transferring to your fridge. The sauerkraut may be eaten at this point, but will improve with age.

Recipe & additional information were taken from: *Nourishing Traditions* by, Sallie Fallon
The Joy of Pickling by, Linda Ziedrich



Upcoming Events:

Storytelling
Gillard & Whelan

9/11



Wall Street Jazz festival Tonight!

Tonight, after the farmers market from 5-10, The Ritenuto Foundation presents the 7th annual Wall Street Jazz Festival..

The outdoor event is free, and the Music begins at 5 PM

The Wall Street Jazz Festival; "Where the traditions meet the progressives, and all the leaders are women."



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. 18th thru Oct. 23rd

Sign up at the Kingston Farmer's Market or call (845) 417-8891 or e-mail nokidhungry@gmail.com to reserve your spot