



Salem Farmers Market July 3rd and July 4th, 2009



Items on the market this weekend:

Vegetables: Tomatoes, green beans, green peppers, leafy lettuces, freshly cut herbs, Spring onions, peas, beets, yellow and patty pan squash, radishes, rhubarb, Swiss chard, spinach, broccoli, new potatoes, zucchini, eggplant, cabbage and cucumbers

Fruits: Gross Orchards, Hawley Orchards, and Layman Orchards will have lots of freshly picked clingstone peaches, Lodi apples, and red delicious apples from the orchard coolers. Tasty blueberries, cherries, blackberries, and red raspberries should also be available.

Baked goodies: Artisan breads, cakes, cookies, cupcakes, pies, brownies, muffins, scones, jams, and jellies.

Meats: Grass finished beef and naturally raised pork. Highland farms will be bringing in extra packages of freshly ground beef for your cookout needs on Saturday!

Cheeses: Sterling Bridge Dairy should have several varieties of jersey cow and goat specialty cheeses to choose from including Colby style, cheddar style, pepperjack style, farmers style, and soft cheeses.

Other goodies: Fresh local honey, garlic products, and doggie treats from Paw Paws, icy cold bottled lemonade from "Under the Green Umbrella"

Crafts: Homemade lotions and soaps from Yellow Mtn. crafts.

Gardening: landscaping shrubs from Accent Nursery, vegetable plants from Greenwood Farms, and herbs for your kitchen garden from 5 penny Farm



Corn has arrived on the market!

Of all the things on our market, I think sweet corn is the one item that our customers most eagerly await. Local Sweet Corn has officially arrived, and both Idyllwood Farms and Layman Orchards will be bringing it to the market for your grilling pleasure!

Master Gardeners return this weekend with their month long series of gardening talks!

We are pleased to welcome back the Roanoke County Master Gardeners this weekend. Each Saturday in July they will be presenting some great talks on interesting garden topics. Each presentation will begin at 9 am and last approximately thirty minutes. Materials covering each topic will be available.

July 4 "The Early Bird Gets the Worm"—Kathryn Debnar— Companion Planting

July 11 "An Ounce of Prevention is Worth a Pound of Cure"— Deb Chappell—A primer on food preservation

July 18 "Now You See It, Now You Don't"— Steve Hyzer-Rain Gardens and Erosion Prevention

July 25 "Clean Up in Aisle Nine"- Connie Stone & Cindy Reynolds— Worm Composting



No Chefs Circle this weekend, but please join us July 11th when Joshua Smith of Local Roots Café returns to our market kitchen!

Have a safe and happy 4th of July! Don't forget those who have sacrificed to make our freedom possible.

