

WOODLAND PARK FARMERS MARKET 2018

JULY NEWSLETTER

By: Grace Medran

Welcome to the summer market

There's a buzz of excitement in the air as vendors begin setting up at Memorial Park. The sun rises, illuminating Pikes Peak and some folks take a moment to admire our local mountain's majesty. This month, the market has welcomed many wonderful new vendors; check the list [below](#)! Our young entrepreneurs are also back and excited to share their unique talents with the community, from woodwork to crepe-making. As always, it's a joy to see so many familiar faces and new ones as well. Our summer market is alive with color, laughter, and community. We look forward to seeing you there!



Market happenings

A word from our Market Manager

Hello Everyone,

Welcome to our summer fling in Memorial Park! This 'little' market was formed in 1990 and started with six vendors at Avenue of the Flags. I'm happy to say we still have two original vendors - La Baguette and C & R Farms. It has now grown to have 100 vendor spaces and has won several awards, including Colorado's Favorite Farmer's Market, and has been listed in the top 101 markets in the country for the past decade. For market standards, we maintain 60% of vendors associated with agriculture, garden or food, but have some special programs too. Most of the crafters you will see are with the adjacent Woodland Park Arts & Craft Fair, which is a separate event, though few understand that! We are very proud of the fact that this market is run by volunteers, under the direction of our non-profit board. What I am most grateful for is that this community has wholly embraced the market from day one, and made it the enormously successful event we have today. Thank you all, for joining in the party, and for your feedback. We love to hear what you have to say!

Judy



Welcome to our new vendors!



This summer look out for these vendors and products

Fresh Produce

- ❖ Ahavah Farm
- ❖ Nexus Farm
- ❖ Colorado Gourmet Mushroom Company

Specialty Foods

- ❖ Big Red's Hot Sauce
- ❖ Pico King
- ❖ Sweet Addict Bakery
- ❖ Tahoe Kitchen Company
- ❖ Fire Mountain Spices
- ❖ Our Country Cupboard

Ready-made Foods

- ❖ The Bakery@Strictly Guffey
- ❖ Gemstone Bakery
- ❖ Lunch Box, Etc
- ❖ Sweet Mountain Bakery
- ❖ Wheel Coffee
- ❖ Kona Ice Central Springs
- ❖ Good Eats

Unique Products and Local Organizations

- ❖ Busted Barrel Furniture
- ❖ Saladmaster
- ❖ Habitat for Humanity
- ❖ NAYR Industries
- ❖ DWB Wild Bird
- ❖ My Pet Project

To find these new vendors and your favorite regulars at our market click [here](#) to view our market map.

Market recipes, tips and tricks

Featured recipe fresh from the market

Summer Harvest Salad with Homemade Herbed Vinaigrette From the Ahavah Farm cookbook



Serves 4-6

INGREDIENTS

For the salad

- 1 container Ahavah Salad mix
- 1 container kale or arugula
- 1 container micro greens
- 2 large carrots, diced or shredded
- 1 cup cherry tomatoes halved
- ¼ cup chopped garlic greens
- 1 cup beets, cooked or shredded raw

- ½ cup thinly sliced red onion
- 2 boiled eggs, sliced
- Optional toppings: avocado, chopped nuts or seeds

For the Herbed Vinaigrette

- 2 teaspoons fresh garlic, fine chopped
- 1 tablespoon scallions, finely chopped
- 1 tablespoon fresh basil, finely chopped
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 teaspoon raw honey
- ½ cup olive or avocado oil
- Salt and pepper, to taste

Directions: Mix salad ingredients in a large bowl. Whisk dressing ingredients together in a separate bowl and pour over salad leaving some dressing to serve on the side if desired.

***Ingredients from Ahavah Farm**



Market tip of the month

Would you like to get even more joy from your fresh market veggies? Instead of throwing out those “tips and tails” you can recycle them; they’ve still got some growing power left. Check out this video to learn how to use this fun eco-tip:

<https://www.youtube.com/watch?v=-vStNagrHII>

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www.wpfarmersmarket.com

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