

WOODLAND PARK FARMERS MARKET 2018

JULY NEWSLETTER

By: Grace Medran

Come Taste the Rainbow

The summer season is in full swing and the market is bursting with color. Our farm and produce vendors are offering a stunning array of seasonal fruits and veggies. From bright green zucchinis to blushing peaches and nectarines our vendors have brought the best for the market. Summer is in the air. It's the perfect time for light meals where farm fresh fruits and vegetables shine. In addition to our farm vendors we have many vendors offering specialty foods to perfectly accent your next kitchen creation. So come join us and enjoy the beauty of the summer harvest. After all, a day at the market is always a good day.



Market happenings

Food Rescue has Arrived at the Market!

We're building a longer table together...

This month the Market launched an exciting new outreach program called The Longer Table Food Rescue. The saying, "when you have more than you need, build a longer table...", inspired the name. Those words embody the amazing generous and supportive culture of our farmers' market. This program provides a tangible way for the market to give back to the community by gathering food items that vendors are unable to sell and passing them to families in need. As the name implies, the focus of this program is saving any fresh produce or foods that would otherwise be thrown away simply due to bruises or ripeness that decreases selling value. This program is about cheerful giving so there is no pressure to contribute, but each donation is deeply appreciated. Through collaboration with Regional Health Connector, Darlyn Miller, and Kryss Arrick, Medicaid Health Care Coordinator for the Aspen Mine Center in Cripple Creek, the collection from our market is reaching south Teller County where the need for healthy foods is extensive.



Our first two food collections at the market have been immensely successful. A warm Thank You goes to our market vendors for their generous contributions of fresh fruits, vegetables, bread, baked goods, cheese and spreads. These donations were transported to the Aspen Mine Center where many people were eagerly waiting for the distribution. Because of the commitment, effort, and generosity of everyone involved in this program from vendors to volunteers, new places were set at the table. For families who rarely have access to fresh, local foods these donations are precious gifts that make a difference.

To learn more about the Longer Table Food Rescue click [here](#).

Don't miss the annual Woodland Park Farmers' Market cooking Demonstration!

The market interns will lead this event. Featured recipes include summer favorites from the Woodland Park Farmers' Market cookbook and a beautiful appetizer full of fresh market finds. Save the details on your calendar!

Where: Under the pavilion at the market

When: July 27th at 10:30am

What: A demonstration of some great summer recipes, samples, and more



Market recipes, tips and tricks

Featured recipe fresh from the market

Penne alla Vodka

From Mama Giuseppa Pasta Sauce Co



Serves 3-6

INGREDIENTS

12 oz **Mama's Traditional Red Sauce**
1 pint heavy cream
4-5 shots of vodka
1 lb cooked **penne pasta**
16 oz romano cheese
1 small **white onion**
1 tablespoon butter

Directions: Sauté onions until golden with butter or margarine. Add vodka, Mama's Traditional Red Sauce and Heavy Cream to the pan. Bring the mixture to a boil and add the cooked penne and romano cheese. Continuously stir until the cheese is melted. Add additional Romano to garnish if desired.

Serve, Mangia, Mangia!

Optional *Add grilled shrimp, sautéed chicken, prosciutto, & or broccoli

**reheating add a splash of Mama's Traditional Red Sauce, and cream reheat in pan or microwave

***Ingredients from Mama Giuseppa Pasta Sauce Co**

***Ingredients found at the market**



Market tip of the month

Having fun in the sun is the best part of summer but staying hydrated with plenty of water is vital here in the Colorado climate. Here's a new way to enjoy your fresh market produce. The next time you're slicing a cucumber or berries toss a few into your water glass for a refreshing drink. The combination possibilities abound! For recipes and tips click [here](#).

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