

Market Thymes

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Have you ever walked through your farmers' market and wanted to taste everything in sight? Can't make up your mind what to buy? Well, this is the time of year when that happens often! There's a lot to choose from so pick up one of everything!

Peak season for luscious summer fruits and vegetables is now upon us. Fat bell peppers and hot chili peppers, sweet Brentwood corn, juicy tomatoes, and yummy melons are here. There are purple eggplants, fragrant fresh herbs, and delectable peaches, nectarines, and plums, berries of all kinds, and bright greens.

How lucky we are to live in California with wonderful fresh produce right at our fingertips!

★
**Summer Produce
is Poppin' up
Everywhere!!**
★

★
★
Corn



Eggplant



Peppers



Tomatoes



Photos: James Cochran and Greg Zeroun, Market Managers.



er with patio dining , picnics, and barbecues outdoors.
vegetables now available.

Patriotic music, fireworks, parades, and the gathering of community, family, and friends come together on Independence Day as we celebrate the birth of our country, and the courage and strength of our founding fathers as they fought for "life, liberty, and the pursuit of happiness."

ed off



".....Here once the embattled farmers stood
And fired the shot heard round the world.
from "Concord Hymn," Ralph Waldo Emerson

5 to 7 minutes. Remove corn with tongs and set aside on a cutting
n the pot.

Farming was a major occupation from the very start of this nation. In 1790 farmers made up 90% of the workforce. Today just 2% of the population in America grow the food that the other 98% of us consume.

, about 8 minutes (timing may vary depending on the size of the
nels in a large bowl. Drain the beans in a colander, shake to
3 tablespoons of oil. Toss well and let stand at least 30 minutes for
ry, bring beans and corn to room temperature by removing them
remove the garlic and add the remaining tablespoon of oil along
t room temperature. *Recipe: www.wholeliving.com*

A farmer doesn't just plant seed, pray for rain and wait to harvest. They try to run their farms as efficiently and cost-effectively as possible. The farmer of today tills 3-1/2 times more land than farmers of 100 years ago. They produce more than ever. With the cost inherent in farming (equipment, seed, etc.) they make about 82 cents an hour for a workweek. Why do they do it? Because they love the land and feel responsible for providing healthy food for the nation.

The challenge for farmers today—and for all of us—is to educate our children. Today many children don't know that milk comes from a cow, or that pickles are cucumbers, or that pumpkins grow on a vine, or that any of this takes place right here in California!

- chopped fresh peaches
- chopped fresh plums
- poons fresh lime juice
- poons chopped glazed walnuts

on a large baking sheet. Stir

nd spread on one side of each baguette slice. Broil for 1 to 2
s. Stir together the remaining brown sugar, fruit and lime juice in a
kle with walnuts. Makes 8 servings. *Recipe: www.eatcaliforniafruit.com.*

et

on to make 5 cups watermelon or
: pureé, about 2 cantaloupe, or one small
watermelon



- 1-1/2 cups granulated sugar
- 1-1/2 teaspoons lemon juice

- 1-1/2 cups light cream (15%) or milk
- 1 tablespoon unflavored gelatin

etable? It
y of a flowering
at are not sweet—

Cut up melon into chunks and pureé, making 5 cups total. Sprinkle gelatin over 1/2 cup melon. Let stand 5 minutes. Heat gently to dissolve gelatin. Allow to cool. Combine all ingredients in a large bowl or other container. Freeze until mushy. Put it into a bowl and beat well to break down the ice crystals. Return to freezer until firm. *Recipe: www.bhg.com.*

Supreme Court ruling that

Romas are good for sauces and
n for a snack. They're at their

Another challenge is to interest young people in becoming farmers themselves. Organics and sustainable farming are of growing interest to many of these young farmers. They will continue to find new ways to keep up with technology, preserve and protect the environment as well as to try to earn a living doing what they do best—growing and raising the food we eat. The future of agricultural production and the viability of productive and sustainable farms is a job for all of us.



Family farming is firmly rooted in the nation's history. With all of farming's innate natural and economic challenges, farmers continue to pursue their chosen field of endeavor. We salute all of these small family farmers and ranchers as we celebrate this nation's birthday. Thank you for your tenacity and your idealism!



Summer's Amazing Harvest

Berries

Red and gold raspberries, blueberries, blackberries, strawberries.

Corn

Sweet and crisp white, yellow, or bicolor.



Eggplant

Japanese, Thai, Italian, Rosa Blanco, white and purple.

Greens

Arugula, collards, spinach, kale, chard, Romaine and red leaf lettuce.

Melons

Cantaloupe, honeydew, canary, casaba, Crenshaw, watermelon.

Peppers

Sweet bells in red, orange, yellow and green; sweet Italian, hot Thai chili, jalapeño, poblano, serrano, habanero.



Stone Fruit

White and yellow peaches, apricots, nectarines, plums, pluots, apriums.

Summer Squash

Crookneck, yellow, pattypan, globe, zucchini, and chayote.



Tomatoes

Beefsteak, Celebrity, cherry, pear and grape; heirlooms like zebra,

Cherokee purple, Brandywine, and more.

Al fresco meals are just the thing for the long hot days of summer. These cool summer eats use many of the wonderful fruits and



Corn, Tomato & Green Bean Salad

- Coarse salt
- 3 ears corn, husks and silk removed
- 1-1/2 pounds green beans, stem ends snipped
- 3 cloves garlic, peeled and gently smashed
- 4 tablespoons extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 1/2 small red onion, peeled and thinly sliced
- 1 medium yellow tomato, sliced 1/2-inch thick
- 2 cups of small, mixed red and green heirloom tomatoes, halved

In a large pot of boiling salted water, cook the corn until tender, then drain and board to cool. Using a strainer, remove any corn silk remaining on the kernels.

Add the green beans, return to a boil, and cook until very tender (about 10 minutes). Meanwhile, cut the corn kernels off the cobs and put in a bowl with corn. Add garlic and olive oil, and remove excess water, and put in bowl with corn. Add garlic flavors to blend; refrigerate if longer than 30 minutes. If necessary, remove from refrigerator 30 minutes before serving. Just before serving, add vinegar, onion, and tomatoes. Add salt to taste and serve.



Summer Fruit Bruschetta

- 24 1/4-inch baguette slices
- 1/4 cup butter, softened
- 6 tablespoons brown sugar, divided
- 1/4 teaspoon ground cinnamon

Lay the baguette slices in a single layer on a baking sheet. Brush together the butter, 4 tablespoons brown sugar and cinnamon. Bake for 5-10 minutes or until bubbly and bread is lightly browned on the top. Spoon equal amounts over the bread slices and

Fresh Melon Salad

Enough cantaloupe

Tomatoes—Fruit or Vegetable

An interesting aspect of tomato history is the classic debate: Is the tomato a fruit or a vegetable? The answer depends on whom you are asking. By definition, a fruit is the edible plant part of a mature fruiting plant, usually eaten raw; so by this determination a tomato would be a fruit. Many of the fruits, such as tomatoes, cucumbers, and peppers—are commonly called vegetables.

Until the late 1800's the tomato was classified as a fruit to avoid taxation, but this was changed after the Supreme Court ruled that the tomato is a vegetable and should be taxed accordingly.

There are at least 10,000 varieties of tomatoes. Beefsteaks are large, juicy and great for slicing on sandwiches and salads. Cherry, pear and grape tomatoes are great on salads, in pasta, and small enough to just pop in your mouth. Tomatoes are in peak right now so stop by your local farmers' market and pick some up today.

