



The Marketer

Andover Farmers' Market
97 Main Street
Andover, MA
Saturdays
12:30 – 3:30
July 11 – October 10

Andover Farmers' Market Newsletter

Volume #2 Issue #3 July 25, 2009

Vendor Spotlight: Flats Mentor Farm

Flats Mentor Farm (FMF) is located on a 70-acre river bottom parcel of land in Lancaster, Massachusetts. FMF assists and supports small farmers of diverse ethnic backgrounds with the land, farming infrastructure and marketing assistance needed to promote and sustain successful farming enterprises. FMF promotes economically viable agricultural production that protects the environment through the practice of sustainable farming methods. This program offers resources, hands-on-training and technical assistance on soil fertility, irrigation, pest and weed management and marketing. FMF also provides opportunities for beginning farmers to increase their economic returns, and quality of life.

Hmong Farmers

The Hmong came to the U.S. as refugees after the Vietnam War and have been farming in Lancaster since the early 80's. The Hmong are an ethnic group from Asia that have their own language (Hmong) and culture. The majority of the Hmong in the U.S. are from the uplands of Laos. They assisted the U.S. during the once secret wars in Laos and were persecuted by Laotian and Vietnamese governments after the US left Southeast Asia. Because of their assistance to the U.S. and their persecution, Hmong were allowed to immigrate to the U.S.

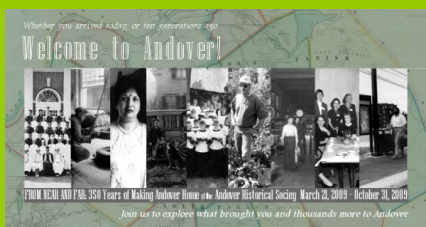
For nearly 20 years, the Hmong farmers have been offered access to land, equipment, and water by the Moreira dairy farm in Lancaster, Massachusetts. The Moreira family, originally from Portugal, agreed to let an elder Hmong woman use a small plot of land on their farm. Over the years, more and more Hmong farmers have requested land. Currently there are nine commercial Hmong farmers on this land – farming families who are selling produce that they sell in retail and wholesale markets. In addition, there are at least 50 Hmong micro-farmers – farming families who are very serious about growing food for their own families, and some have the hope of more commercial sales in the future.

ARTICLE COURTESY OF WWW.FLATSMENTORFARM.ORG

Today's Vendors

Amy's Homemade Soaps
Boston Hill Farm
Farmer Dave's (Brox Farm)
Fido Freeze
Flats Mentor Farm
The Greenest Bean
Isaac's Natural Foods
Kittredge Candles
Maria LaTorre Creations
Mann Orchards
Middle Earth Farm
Sassy River Sauces
SwissBäkers
TT Buds Popcorn
Twin Seafood

Step Inside and Visit the Andover Historical Society's Latest Exhibit FROM NEAR AND FAR: 350 Years of Making Andover Home On Exhibit through October 31st 2009



Making Andover Home is a new exhibit exploring the key factors that have made Andover a destination and new home for many over the 350 years. The exhibit allows visitors to reflect on what drew them or their ancestors to Andover and how they became part of the story of Andover. This thematic exhibit provides an opportunity for even the newest resident of Andover to connect with the experiences of their predecessors.

Recipes

We hope you enjoy the recipes listed here. Additional recipes will be printed in each week's newsletter and we're always looking for new ideas. If you have a great recipe to share that include local produce, please send it to farmersmarket@andoverhistorical.org. Photographs of your culinary concoctions are also welcome!

Flash Cooked Pea Shoots with Garlic

350g (12oz) pea shoots
 1 teaspoon oil
 2 garlic cloves, finely chopped
 1 ½ tablespoons Shaoxing rice wine
 ¼ teaspoon salt

Trim the tough stems and wilted leaves from the pea shoots. Wash well and dry thoroughly. Heat a wok or 10" skillet over high heat add oil and heat until very hot. Add the pea shoots and garlic and toss lightly for 20 seconds, then add rice wine and salt and stir-fry for 1 minute or until shoots are slightly wilted but still bright green. Transfer to platter, leaving behind most of the liquid. Serve hot, at room temperature or cold.

TIP: These shoots are harvested when the pea plants are 12-18 inches out of the ground. They are best used when freshly picked as they rapidly toughen and like peas lose their sweetness. Often found stir-fried with garlic sauce at authentic Chinese restaurants. Pea tendrils can also be used as an alternative salad greens.

Recipe courtesy of www.flatsmentorfarm.org

Spectacular Corn, Tomato, and Cilantro Salad

Serves four
 4 ears fresh corn, husked
 1 pint cherry tomatoes, stemmed and halved
 1/2 red onion, diced
 1/3 cup chopped cilantro
 Juice of 1/2 lemon
 1 Tbsp red wine vinegar
 2 Tbsp olive oil
 Salt and freshly ground pepper
 Salad greens (optional)

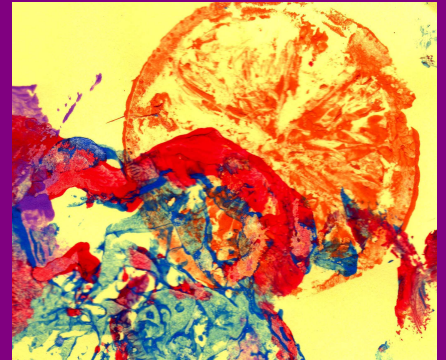
Mix everything together. Mound on top of fresh salad greens. Serve. Marvel at what you created.

Recipe courtesy of <http://recipe.kaiser-permanente.org/recipes>

Don't forget to visit Andover Farmers' Market online at:
www.andoverhistorical.org/farmersmarket

Special Events

Family Fun in the Barn
 Saturday, July 25, 2009



Nearly every Saturday during the Farmers' Market season there will be activities for children and families in the barn.

Today's craft is
fruit and veggie art!

Special Event Today July 25



Wood Worker & Traditional Furniture Maker

CHRISTOPHER NASSISE, of the Green Workshop will be here to demonstrate his craft in Historical Society's 19th century woodworking shop