

# Farmers Market Newsletter

MARKET LOCATION: FLEMING CO. EXTENSION PARKING LOT 1384 ELIZAVILLE RD, FLEMINGSBURG Summer 2023



## FLEMING COUNTY FARMERS' MARKET

**TUESDAYS:** 4PM-7PM\*\*  
**SATURDAYS:** 8AM-1PM\*\*

\*\*\*ENDING TIMES MAY VARY  
BASED UPON SELL OUT OF  
PRODUCTS\*\*

## NEWS

We're excited to bring you locally grown fresh fruits and vegetables, and homemade items again in 2023. Thank you for your support of our local farmers. We could not do it without our wonderful customers.

We have 24 members for 2023. Please find a complete list of members with their items they plan to sell, included in this newsletter.

## IMPORTANT DATES

- June 17 | 8AM | OPENING DAY!
- June 27 | 2:30-4:30PM | Youth, Veggies Make Cents \*\*
- July 11 | 4PM | Summer Celebration #1
- July 25 | 4PM | Summer Celebration #2
- July 25 | 2:30-4:30PM | Youth, Veggies Make Cents \*\*
- August 5 | 8AM | Customer Appreciation Day
- August 12 | 8AM | Donna Fryman Sample Saturday

*\*\*Registration for Veggies Make Cents, is required prior to event through the Fleming County Extension Office, for youth ages 9 & up\*\*\**

## OPENING DAY- JUNE 17

The official opening date for the Fleming County Farmers Market Season is June 17th. There will be door prizes; giveaways, samples, and more!

## SUMMER CELEBRATIONS

There will be 2 scheduled Summer Celebrations for 2023 on Tuesday, July 11 and Tuesday, July 25. In addition to samples, giveaways, and door prizes, each event will have a food vendor on site selling meals to go.



[www.facebook.com/flemingcountyfarmersmarket](http://www.facebook.com/flemingcountyfarmersmarket)

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# VEGGIES MAKE CENTS

Youth ages 9 years old and up can register for the 2023 Veggies Make Cents program through the Fleming County Extension Office by June 23. Youth will prepare samples for the Farmer Market customers as well as receive \$10 in "Veggie Bucks" to spend at the market.

The program will be June 27th & July 25th and is free for participants.

Please call (606) 845-4641 to register.

# CUSTOMER APPRECIATION DAY



## FLEMING COUNTY FARMERS MARKET **CUSTOMER APPRECIATION** SATURDAY, AUGUST 5TH, 2023

LOCATION: EXTENSION OFFICE PARKING LOT  
1384 ELIZAVILLE RD, FLEMINGSBURG

**SAMPLES!**  
**GIVEAWAYS!**  
KIDS COLORING CONTEST  
**RECIPE CONTEST!**  
**DOOR PRIZES!**  
& MORE

- 8:00AM
  - MARKET OPENS
- 10:00AM UNTIL CLOSE
  - FREE WALKING TACO FARMERS MARKET SAMPLING\*\*
- 1:00PM- MARKET CLOSES

\*\*MUST MAKE A PURCHASE FROM A VENDOR TO RECEIVE A TICKET FOR A WALKING TACO\*\*



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

This is a federal program of the United States Department of Agriculture. It is a cooperative effort between the U.S. Department of Agriculture and the Kentucky Department of Agriculture. It is a cooperative effort between the U.S. Department of Agriculture and the Kentucky Department of Agriculture. It is a cooperative effort between the U.S. Department of Agriculture and the Kentucky Department of Agriculture.



AUGUST 5, 2023  
(PART OF CUSTOMER APPRECIATION EVENT)

Prove your cooking superiority

## RECIPE CONTEST

- Theme: Summer Vegetables & Fruits
- Categories: Sweet; Savory  
(1 winner for each category)
- Submission: Entries must be dropped off between 8:00am & 11:00am on 8/6 to the Extension Office, 1384 Elizaville Rd

WINNERS WILL RECEIVE GIFT CERTIFICATES TO THE FLEMING COUNTY FARMERS MARKET

\*\*\* PLEASE USE SAFE FOOD HANDLING WHEN PREPARING YOUR RECIPES\*\*



## COLORING CONTEST

- WHEN: AUGUST 5, 2023
  - DURING FARMERS MARKET CUSTOMER APPRECIATION
- TIME: ANYTIME BETWEEN 8AM & 12PM
- WHERE: FLEMING CO. EXTENSION OFFICE
  - 1384 ELIZAVILLE RD, FLEMINGSBURG
- AGES: 1 TO 100 (AWARDS BY AGE GROUP)
- WINNERS WILL RECEIVE GIFT CERTIFICATES TO THE FLEMING COUNTY FARMERS MARKET





FLEMING COUNTY FARMERS' MARKET

# FARMERS MARKET

LOCALLY GROWN | LOCALLY HANDMADE

## WHAT YOU CAN EXPECT TO SEE AT THE MARKET THIS YEAR

- Apples
- Baked Goods
- Bamboo Poles
- Beef
- Beets
- Blackberries
- Blueberries
- Bread
- Broccoli
- Cabbage
- Cantaloupe
- Cards (handmade)
- Carrots
- Cauliflower
- Celery
- Corn (Sweet)
- Crafts (handmade)
- Cucumbers
- Cut flowers
- Dog Treats
- Eggs (chicken)
- Face Painting
- Fodder
- Freeze Dried Goods
- Green beans
- Handmade gifts
- Herbs
- Honey
- Jams & Jellies
- Jewelry
- Lamb
- Lavender
- Lettuce
- Melons
- Microgreens
- Okra
- Onions
- Pears
- Peas
- Peppers
- Pickles
- Pies
- Planters
- Potatoes
- Pork
- Pumpkins
- Raspberries (Black)
- Rhubarb
- Salad Greens
- Soaps
- Spice Mixes
- Squash
- Strawberries
- Sweet potatoes
- Tomatoes
- Turnips
- Watermelon
- Wood working
- Zucchini

## FARMERS MARKET MEMBERS

- |  |   |
|--|---|
| <b>Michelle Applegate</b><br><i>Applegate Sisters Farm</i>                       | <b>Cate Fopma Greer</b>   |
| <b>Bruce Barnes</b><br><i>Cowan Station</i><br><i>Honey Farm</i>                 | <b>Alisha Gray &amp; Kerri Johnson</b><br><i>Good Measure Farm</i>    |
| <b>Victoria Cannon</b><br><i>Stone Gate Farms</i>                                | <b>Andrew Ishmael</b>   |
| <b>Carolyn Coleman</b><br><i>Coleman's Family Farm</i>                           | <b>Jan &amp; Rick Kielman</b><br><i>Strodeberry Farm</i>              |
| <b>Lynn Chaney</b><br><i>Land Care Gardens</i>                                   | <b>Marietta Labbato &amp; Perrie Williamson</b><br><i>Loving Farm</i> |
| <b>Sherry &amp; Robert Coffield</b><br><i>Ellessace Farms</i>                    | <b>Rose Ann &amp; Charlie Masters</b><br><i>Masters Acres</i>         |
| <b>Savannah Crawford</b><br><i>Sutton Acres/Sutton's</i><br><i>Pumpkin Wagon</i> | <b>Lee Ann Mik</b><br><i>LeeAnn's Lavender Farm</i>                   |
| <b>Mollie &amp; Doodle Dailey</b><br><i>Dailey Acres</i>                         | <b>Alice &amp; Jeremy Myers</b><br><i>A&amp;J Produce</i>             |
| <b>Darrell W. Doyle</b>  | <b>Fletcher &amp; Becky Powers</b><br><i>Powers Produce</i>           |
| <b>Mary &amp; Darrell Doyle</b>  | <b>Margaret Schwartz</b><br><i>Schwartz Meat Company</i>              |
| <b>Kim &amp; David Ellington</b><br><i>Blooming Valley</i><br><i>Flower Farm</i> | <b>Deni Stanev</b><br><i>Wild Dahlia Farm</i>                         |
| <b>Jimmy Ferraro</b>   | <b>Jeremy &amp; Jennifer Vise</b><br><i>Vise Farm</i>                 |

**\*\*FRUITS & VEGETABLES ARE SEASONAL- SEE BACK PAGE FOR AN AVAILIBLY CALENDAR\*\***

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# Produce Storage Tips Seasonal Produce Guide

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

*Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!*

## Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

### Best Practice:

Use berries on the countertop within 1–2 days. If longer, store in the fridge.

## Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

### Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

## Chef Tips:

**01** Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.

**02** Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!

**03** Blanch and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



## Mar–May

# SPRING

- Asparagus (Apr–Jun)
- Greens (Apr–Nov)
- Kohlrabi (May–Jun)
- Lettuce (May–Jun)
- Maple Syrup (Feb–Mar)
- Green Onions (May–Jun)
- White Onions (Jan–Mar)
- Peas (May–Jun)
- Potatoes (Jul–Oct)
- Radishes (Apr–Jun)
- Strawberries (May–Jun)
- Sweet Potatoes (Oct–Mar)
- Turnips (May–Jun)
- Winter Squash (Jan–Mar)

## Jun–Aug

# SUMMER

- Apples (Jul–Dec)
- Beans (Jun–Sep)
- Beets (Jun–Nov)
- Blackberries (Jun–Oct)
- Blueberries (Jun–Jul)
- Broccoli (Jun–Jul)
- Brussels Sprouts (Jul–Nov)
- Cabbage (Jun–Jul)
- Cantaloupe (Jul–Sep)
- Carrots (Jun–Aug)
- Cauliflower (Jun–Jul)
- Sweet Corn (Jul–Sep)
- Cucumbers (Jun–Sep)
- Eggplant (Jun–Sep)
- Garlic (Jun–Aug)
- Grapes (Aug–Sep)
- Greens (Apr–Nov)
- Kohlrabi (May–Jun)
- Okra (Jun–Sep)
- White Onions (Jan–Mar)
- Peaches (Jun–Aug)
- Peppers (Jul–Sep)
- Plums (Jul–Sep)
- Potatoes (Jul–Oct)
- Raspberries (Jun–Sep)
- Rhubarb (Jun–Sep)
- Summer Squash (Jun–Oct)
- Tomatoes (Jul–Oct)
- Watermelons (Jul–Oct)
- Zucchini (Jun–Oct)



## Sep–Nov

# FALL

- Apples (Jul–Dec)
- Beans (Jun–Sep)
- Beets (Jun–Nov)
- Blackberries (Jun–Oct)
- Blueberries (Oct–Nov)
- Bok Choy (Aug–Nov)
- Brussels Sprouts (Jul–Nov)
- Cabbage (Oct–Nov)
- Carrots (Oct–Nov)
- Cauliflower (Oct–Nov)
- Greens (Apr–Nov)
- Kohlrabi (Sep–Oct)
- Lettuce (Sep–Oct)
- Nut Crops (Sep–Nov)
- Okra (Jun–Sep)
- Green Onions (Oct–Nov)
- White Onions (Jul–Sep)
- Pawpaws (Aug–Oct)
- Pears (Aug–Nov)
- Peppers (Jul–Sep)
- Plums (Jul–Sep)
- Potatoes (Jan–Mar)
- Pumpkins (Sep–Nov)
- Radishes (Sep–Nov)
- Raspberries (Jun–Sep)
- Rhubarb (Jun–Sep)
- Sorghum (Sep–Nov)
- Summer Squash (Jun–Oct)
- Sweet Potatoes (Oct–Mar)
- Tomatoes (Jul–Oct)
- Watermelons (Jul–Oct)
- Winter Squash (Aug–Nov)
- Zucchini (Jun–Oct)



## Dec–Feb

# WINTER

- Apples (Jul–Dec)
- Maple Syrup (Feb–Mar)
- White Onions (Jan–Mar)
- Potatoes (Jan–Mar)
- Sweet Potatoes (Oct–Mar)
- Winter Squash (Jan–Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.