

Winn Farmers' Market

Volume 2

June 7-13, 2010



Our Hours

The Winn Farmers' Market is located at the corners of Main and St John Streets in Winnfield, Louisiana. The Market is now open on Tuesday and Friday from 7:30 a.m. until 11:30 a.m. every Tuesday and Friday through August.

The Winn Farmers' Market is a non profit organization designed to provide area producers with an outlet to sell fresh garden and orchard products directly to the consumer. Our mission is to improve the quality of life in our community by stimulating the agriculture industry and providing consumers locally grown, high quality farm fresh produce.

Tuesday's Market:

The Tuesday Market for June 8, 2010 will include cabbage, corn, cucumbers, new potatoes, snap beans, squash, and tomatoes. The market will include some wonderful baked items such as tea cakes and cookies. We will also have a large assortment of honey, jellies, jams and preserves..

Market Recipe:

Snap Beans with New Potatoes

Ingredients

3 pounds snap beans
2 pounds new potatoes
3 tablespoons olive oil
1 large onion, chopped
1/2 pound ham pieces
salt and pepper to taste
2 teaspoons sugar



Directions

Snap or cut beans into 2-inch lengths, removing ends. Rinse and drain. Peel potatoes. Heat oil in large, heavy pot and sauté onions. Add ham and sauté for 1-2 minutes. Add beans, salt, pepper, sugar and turn heat to low, cover, and let beans simmer with ham and onions for about 20 minutes. During this period, beans should release some liquid and cook down a bit. If not, add a little water and continue simmering, covered, for about 40 minutes more. After beans have cooked for an hour, add potatoes and enough water to just cover the vegetables. Continue simmering, covered, until the potatoes are done, about 35 to 40 minutes. This serves a crowd.

Friday's Market

The Friday's Market for June 11, 2010 will include cabbage, corn, cucumbers, new potatoes, snap beans, squash, and tomatoes. The market will include some wonderful baked items such as tea cakes and cookies. We will also have a large assortment of honey, jellies, jams and preserves. Some of the flavors include blackberry, blueberry, dewberry, huckleberry, Mayhaw, pepper, peach, spicy apple and strawberry.



Friday's Market Recipe



Tomato and Red Onion Salad

Fresh heirloom tomatoes and onions get dressed up with a sweet-sour vinegar dressing. Make it ahead or just before supper -- prep takes 25 minutes. Add grilled chicken to make it a meal.

Ingredients

- 1 medium red onion, sliced 1/4-inch thick
- 1/2 cup cider vinegar
- 1/4 cup sugar
- 8 cups tomatoes, cut (about 3 lb.)

Directions

1. In medium bowl combine 4 cups ice cold water and 2 teaspoons salt; stir to dissolve salt. Add onion slices; stir to separate rings. Let stand 20 minutes; drain.
2. Meanwhile, for Sweet-Sour Dressing, in small bowl whisk together vinegar, sugar, and 3/4 teaspoon each salt and freshly ground black pepper. In extra-large bowl combine tomatoes and drained onions. Add dressing; gently toss to coat. Let stand 5 minutes. Serves 6 to 8.

The business office for the Winn Farmers' Market is located at 301 West Main Street, Suite 210. Please be sure to visit us at our blog and our website. Or Blog address is <http://winn-farmersmarket.blogspot.com/> Our website is <http://winnfarmersmarket.shutterfly.com/> If you would like additional information on any item in this newsletter contact the Winn Farmers' Market at 301 West Main Street, Suite 210 in Winnfield, LA 71483 or you can reach us via phone at (318) 628-4438, Fax at (318) 628-1802 or by emailing us at dugdsxcd@bellsouth.net

IN THE NEWS

We are currently looking for producer in Winn and surrounding parishes that are interested in participating in the market. Whether you farm part-time or full time if you have items such as fruits, vegetables, nuts, baked breads, freshly made pies, bedding plants, dairy products, freshly cut flowers, cookies, jellies, jams, seafood, yard eggs or fresh meats and are interested in becoming a member or a vendor please call our office or stop by the market. The business office for the Winn Farmers' Market is located at 301 West Main Street, Suite 210. We are open Monday- Wednesday from 9:00 a.m. to 5:00 p.m.

Conservation Programs are available to Louisiana Landowners

Conservation programs cost-cost share programs are available to Louisiana landowner through the 2008 Farm Bill will have a beneficial impact on the adoption of conservation practices. These practices when installed or applied to technical standards, will increase net farm income. These are voluntary programs and will not impose any obligation or burden upon agricultural producers that choose not to participate.

There are numerous off-farm public benefits from on-farm conservation efforts. Some of the off-site benefits are attributable to improvements made to enhance freshwater and marine water quality and fish habitat, improved aquatic recreation opportunities, reduced sedimentation of reservoirs, streams, and drainage channels, and reduced flood damages. Additional benefits are from reduced pollution of surface and groundwater from agrochemical management, improvements in air quality by reducing wind erosion, and enhancements to wildlife habitat. For more information please go to <http://dugdemonaswcd.shutterfly.com/> and visit our conservation program page. For additional information in Jackson Parish visit the NRCS Ruston Field Office at **1803 Trade Drive in Ruston** or contact us at **(318) 255- 3136 extension 3**. For more information in Winn Parish visit the NRCS Natchitoches Field Office at **6949 LA Hwy 1 Bypass in Natchitoches** or contact us at **(318) 357- 8366 extension 3**. For more information in Caldwell Parish visit the NRCS Columbia Field Office at **7128 Hwy 165 South in Columbia** or contact us at **(318) 649-2651 extension 3**. You can also learn more about the NRCS and Farm Bill programs by visiting us on the Web at www.la.nrcs.usda.gov or by contacting the Dugdemona SWCD.

All programs and services of the U.S. Department of Agriculture are offered on a nondiscriminatory basis without regard to race, color, national origin, religion, sex, age, marital status, or disability.