

# Winn Farmers' Market

Volume 3

June 14-20, 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.

Happy Fathers Day to all our Dad's out there! Be sure to stop by the market Friday and pick up the freshest produce in town for Dad's special meal for Sunday. He will love it and so will the rest of the family. For a special treat pick up some of our blueberries and add directly to your homemade ice cream. Dad and Pawpaw will absolutely love it!

## Tuesday's Market:

The Tuesday Market for June 15, 2010 will include blueberries, cantaloupes, corn, cucumbers, eggplant, new potatoes, okra, assorted peppers, 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:

### BAKED EGG PLANT

1 lb. egg plant, peeled  
1/2 lb. bread crumbs or cra  
1/2 c. evaporated milk  
1/4 c. whole milk  
1/4 c. melted butter  
1/2 c. chopped onion  
1/4 c. chopped chilies or green pepper  
1/4 c. chopped celery  
2 eggs, beaten slightly  
1 tbsp. pimentos or red pepper  
1 tsp. salt  
1/2 tsp. black pepper  
1 1/2 c. grated cheese

Cook egg plant until tender. Sauté onions, peppers, celery in butter. Add eggs, bread crumbs, pimentos and other seasonings. Pour into baking dish. Bake 45 minutes at 350 degrees. Top with grated cheese and bake until melted.





## Friday's Market

The Friday's Market for June 18, 2010 will include, beans, blueberries, cabbage, cantaloupes, corn, cucumbers, eggplant, new potatoes, okra, assorted peppers, squash, tomatoes, watermelons and farm fresh eggs. 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

### Smothered Okra

#### Ingredients

2 qts. fresh sliced okra  
1/4 cup vegetable oil  
1 cup chopped onions  
1 cup chopped celery  
1/2 cup chopped bell pepper  
1/4 cup diced garlic  
3 cups diced tomatoes  
1/2 cup hot water  
salt and cracked black pepper to taste  
dash of hot sauce



#### Directions

Since it is important to select only the young and tender okra for smothering, shop early in the season for okra, as the okra hardens later, and is no longer prime for smothering. In a four quart saucepan, heat oil over medium high heat. Sauté okra, onions, celery, bell pepper and garlic approximately thirty minutes (or until okra stops stringing). The okra will become slimy during this process and should be stirred constantly until the stringing ceases. Add tomatoes and hot water, bring to a low boil and cook approximately one hour, stirring occasionally. Season to taste using salt and pepper and hot sauce.



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](mailto: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](http://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.**