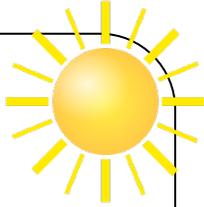


Upcoming Events



Aug 6 Cooking with the Mayor

Aug 20 Live Music by Dogville

...More to come

Good Times ...and watermelon

When I was a kid, watermelon was one of our great treats. Not only was the fruit sweet and juicy, if we stored it for a while in the fridge, it was cold and refreshing on those hot summer days.

And of course, you couldn't fully enjoy watermelon without the inevitable seed-spitting battle. I'd go back into the house with those seeds stuck to my clothes and in my hair.

Good memories. Although it won't take much remembering this month when our Jeffersontown Farmers' Market holds a watermelon seed spitting contest. If you miss it, well, our vendors offer locally grown watermelons, and there's nothing to stop you from taking a couple of them home (watermelons, not vendors) and holding your own contest.

Among the other events at the Market will be sampling the free pancakes cooked by none other than Jeffersontown's mayor, Bill Dieruf. It's not often a politician will take time out from a busy week, especially on a Saturday when he could be home with his family, to support his community in such a personal and non-political way. Not to mention, the pancakes will no doubt be delicious.

Both of these events will be appropriate for this month. August 3 is Watermelon Day. August 14-20 is National Chef Appreciation Week.

Those events will be fun, but there are many other reasons to spend Saturday morning browsing among our nearly 30 vendors' produce, food, and craft booths.

Yes, August is a great time to visit your local Farmer's Market, and not just because of National Farmer's Market Week, which runs from the 7th to the 13th, or that fact that August is National Goat Cheese Month, National Catfish Month, National Panini Month, and Rye Month...

Check it out. You won't be disappointed.

Fun Farm Facts

One pound of wool can make 10 miles of yarn. There are 150 yards (450 feet) of wool yarn in a baseball.

2719

Facebook friends up 110 from last month!!

Goat's eyes have rectangular pupils.

Popcorn pops because water is stored in a small circle of soft starch in each kernel. As the kernel is heated, the water heats, the droplet of moisture turns to steam and the steam builds up pressure until the kernel finally explodes to many times its original volume.



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The Fresh Press

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MEET THE MERCHANTS

Each month we will introduce you to a few of the farmers and vendors who bring their harvest or share their talent with us at our neighborhood market each Saturday.

DEUTSCH FAMILY FARM

Welcome to Deutsch Family Farm. We are a 4th generation family farm. We used to have a dairy farm in Jefferson County until the late 1990's when we sold the dairy and started transitioning into fruit and vegetable production. In 2005 we moved the farm from Jefferson County to our current location in Spencer County. Today, George and Sandi, along with their family are involved in the farm.

S&S BAKED GOODS

Starting with the idea of doing things differently I taught myself how to bake bread. Winning a Blue Ribbon at the Kentucky State Fair gave me the confidence I still have to this day.

Friends and Family said that I baked a pretty good cheesecake so I went for it. Bread is a part of the recipe, it's the base or crust. This extra step combines the flavor of the filling with the crust for a different and unique cheesecake! I'm not your ordinary baker but I have a dream.

Branham Farm

Branham farm is a small family farm where we started raising cattle about 3 years ago. we have 13 adult cows and a bull that we produce calves with to produce meat. we use intensive rotational grazing during the growing months to keep the cows in fresh grass all the time. We use no hormones in our meat production. we only use antibiotics if it is required for proper animal care (rarely). we finish our cattle on local grain for the last 2-3 months before processing

HERE'S WHAT'S NEW...

There is so much goodness going on! Check out this [quick scan](#) list of some of the highlights this month

Produce and More

Barrick Farms – corn, **tomatoes**, watermelon
Deutsch Farms - a selection of veggies and **fresh breads**
Garden Geek – cut flowers, **dried spices**, heirloom veggies
Goodin View – **sweet corn**, zucchini, tomatoes
Granny's Delights – beans, jams, **jellies**, beets
Hillerich Family Farm – **cantaloupe**, cucumbers, kale caramel
Hillview Farms - **pears**, plums, nectarines
Lowes Creek – sorghum, maple syrup, **peaches**
Oak Grove – **cherry tomatoes**, green peppers, summer squash
Son-Kissed Farm – fresh **sweet breads**, jams and jellies
Sunny Acre Farms – chocolate sauce, **Hot or Mild pork sausage**

Meats

Branham Farms – **beef** in a variety of excellent cuts

Sweets and Treats

Marcy Mae's – petite **cakes dipped in chocolate**
McIntyre Winery and Berries – **Apricot and Dandelion Wine**
S&S Baked Goods – blueberry/lemon, and **peachy pecan cheesecakes**
Steel City Pops – all natural, gluten free, **gourmet popsicles**

The Arts and The Crafts and The Can't Live Without's

Bah Bah Skin Care – green tea/cucumber, **mango papaya scented soaps**
Bri's Photography – **photography**
Gangsta Dog - **dog biscuits**, books, t-shirts
Heart Felt – hand **felted stuffed animals** and gifts
Les the Potter – Mugs, plates, **clay pitchers**
Muddy Puppys – **ceramics**
Plum Ridge Farm – bird feeders, perennials, **garden tables**
Uncawman Finds- handcrafted **jewelry**
Wooden We – turkey feather pens, **walking sticks**, snuffers
Zenchanted – essential **oils**, diffusers, yoga shirts

Guest Chefs

La Chateleur – **crepes** and beverages
Van's Gourmet Hots – Italian sausages, white and red Hots (hot dogs)

Our Vendors have the best selection of fruits and vegetables, meats, honey, breads, jams, jellies, relishes, spreads, marinades, herbs, and eggs around. This list only indicates a tiny sample of what is available each month. Check in with us and we can help you find any product.

If you would like to learn more, please visit our facebook page and let us know how we can be of service.

www.facebook.com/JeffersontownFarmersMarket