

# Farmers Market News

Every Friday, 2-6pm at the Dec. Co. Fairgrounds



28  
AUG  
2020



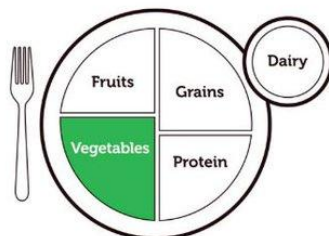
TREEHUGGER MAPLE  
Just blowin' off steam



## TOMATO

### WHAT IS IT?

One of America's most popular garden veggies, the tomato comes in hundreds of varieties. Enjoy fresh in the summer and canned year-round.

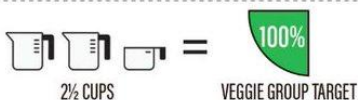


### VARY YOUR VEGGIES

Aim to make half your plate fruits and vegetables. Tomatoes are a nutritious addition to help you get there.

### HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. By eating 1 large tomato, you're almost halfway there!



To find your food group targets, go to [ChooseMyPlate.gov/Checklist](https://www.choosemyplate.gov/Checklist)

### FUN FACTS & TIPS



Though tomatoes are botanically a fruit, the Supreme Court ruled them a vegetable in 1893.



Add slices of tomato to your sandwich as an easy way to work toward your Vegetable Group target.



Tomatoes are versatile! Mix them with melon for a fresh summer salad.

did  
you  
know?

KEEP YOUR  
FRIENDS CLOSE  
AND YOUR  
FARMERS CLOSER.  
LOCALLY GROWN FOOD FROM LOCALLY  
GROWN FARMERS.



FARMER'S MARKET

DECATUR CO.  
FAIRGROUNDS

EVERY FRIDAY  
2PM-6PM



# VENDOR OF THE WEEK

## TREEHUGGER MAPLE

Just blowin' off steam



Based in Laurel, IN, Deirdre & her husband Scott make pure, all natural maple syrup on their farm. Every winter, they find out how many taps to put in their trees by hugging them to find the diameter - hence the name! They have all different grades of syrup, and maple cream as well! They sell at the Farmers Market on Fridays, and have pick-up available on Saturdays. Make an order today with Treehugger Maple Syrup, and one (or more) of the many other vendors available in the online Market - you'll be supporting local farmers, makers, and businesses as we come together as a community to weather this storm together.





Maple syrup can be substituted for white sugar. 1 cup maple syrup = 1 cup white sugar. (reduce liquid in recipe by 3 Tbs per cup of syrup)

Maple syrup may contain no less than

**66%** sugar by weight.



### INFUSED SYRUPS

are those which have been enhanced with the flavors of fruits, spices, coffee, liquors, or other seasonings. Cinnamon and vanilla are popular flavor enhancers, but herbs, berries and even habanero peppers are also used.



**35**

Average age a maple tree is tapped



Artisanal barrel-aged syrups are not packed into former bourbon, rum & brandy casks and aged to create sophisticated flavor pairings.

Syrup flavor is influenced by soil type, tree genetics, weather conditions during the season, and processing technique.

Native Americans were the first to produce maple syrup and maple sugar. Maple tree sap was being processed into sugar long before the arrival of Europeans.



**4** maple trees - **40** gallons of sap - **1** gallon pure maple syrup



Sugaring season runs four to eight weeks, depending on the weather.

Each tree can support between one and three taps, depending on its trunk diameter.



Specialty syrups have developed a following with chefs, who have taken the sweet staple from the breakfast plate to the pork chop and beyond.



The boiling point of maple syrup is

**219** DEGREES



In the US, maple syrup is classified by its translucence.

**Grade A Light Amber** is more than 75 percent translucent

**Grade A Medium Amber** is 60.5 to 74.9 percent translucent

**Grade A Dark Amber** is 44.0 to 60.4 percent translucent

**Grade B** is any product less than 44.0 percent translucent

The darker the syrup, the stronger the flavor.

Carrot seeds are so small that about 2,000 seeds can fit in a teaspoon.

**did**  
**YOU?**  
**know**



# Our Favorite Recipes

## Carlene's Maple Oat Scones

### INGREDIENTS

4C pastry flour  
4C whole wheat flour  
1C dark brown sugar or maple sugar  
1C old-fashioned oats  
2TBS + 2tsp baking powder  
2tsp salt  
12oz cold cubed butter  
4 1/2 C heavy whipping cream  
6TBS dark maple syrup  
8 medium eggs

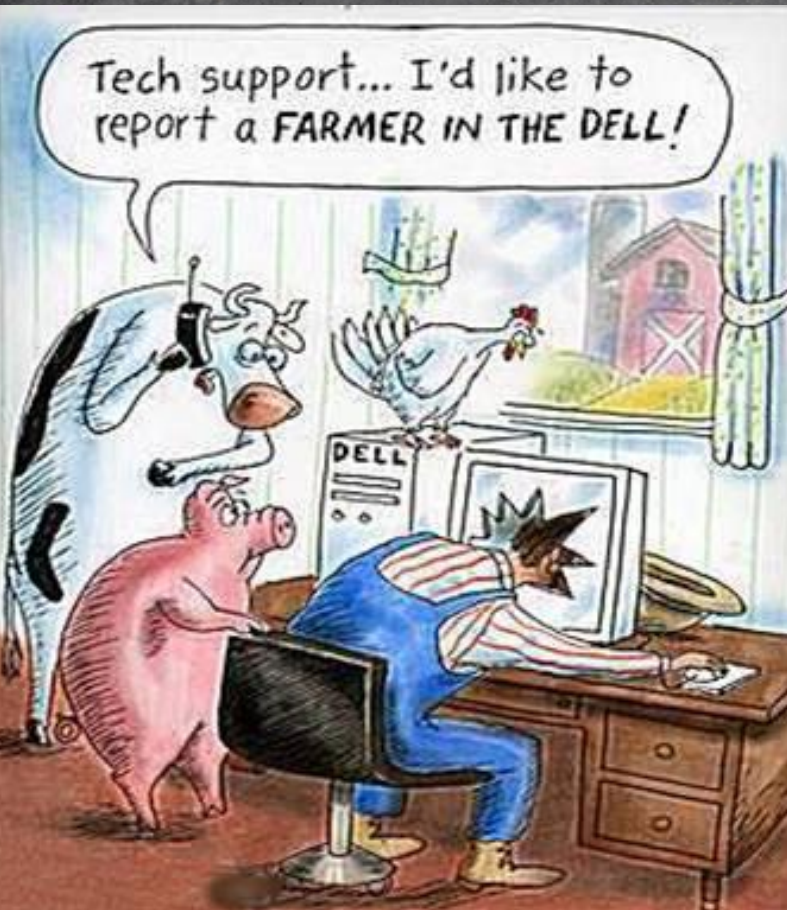
### DIRECTIONS

Put dough in plastic bag  
Chill until firm  
Form 13 oz. round disks: 3 inches deep (flour board), cut in fourths  
Bake at 325° for 25 min until golden brown  
Freeze on parchment lined trays  
Bag by 6 or 12 when frozen  
Dress with glaze of heavy whipping cream, brown sugar, & oats

courtesy of Carlene at Latté Donatté



## Maple for your Table



## WHY EAT THE UGLY APPLE?

An apple from the



Thanks to WAX and PRESERVATIVES,  
this apple might *appear* to be  
shinier, shaped nicer, or cheaper but...

An apple from the



An apple from the Farmer's Market  
is **BETTER FOR YOU!**  
(And better for everyone else, too!)

### Face The Facts:

Most food travels 4-7 days before reaching stores.  
On average, food travels 1,300-1,500 miles before reaching our grocery store shelves.  
Almost every state in the US buys 90% of its food from other states.

**EAT LOCAL & ENJOY!**

To Find the Farmer's Market Nearest YOU, Go To: [www.cenyc.org](http://www.cenyc.org)