



WEST FREDERICK FARMERS E-NEWS

What's up with what's fresh, local and produced by your neighbors!

West Frederick

Saturday Market:

*Every Saturday 10 a.m.-1
p.m.*

*Baughman's Lane behind the
Potomac Physician's Building*

*We are a "Producer Only" Market
which means the people you buy from

Caprikorn's Saanen Goats

Did you know you can get some of Maryland's best award-winning Goat Cheese right at our West Frederick Market? Caprikorn Farms of Gapland, MD (on the Frederick/Washington County line) raises Saanen dairy goats---known as MEGA MILKERS in goat circles! Caprikorn Farms has been in the "goat" business for 30 years.

[Click here to see more pictures of Caprikorn's Saanen Goats!](#)

Every week, for 10 months of the year, 3,500 lbs of milk from Alice Orzechowski and

which means the people you buy from are the ones who produce, plant, grow and harvest these items. This assures that you are getting locally and quality grown products.

Upcoming Events

August 31: DEADLINE TO VOTE for West Frederick Farmers Market as America's Favorite Farmers Market!

[Click here](#) and tell all your friends!

September 3: Back by Popular Demand!

The **Jimi Cupino Project** is an acoustic trio with a love of American roots music that

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Every week, for 10 months of the year, 3,500 lbs of milk from Alice Orzechowski and Scott Hoyman's herd are made into cheese. Ten pounds of milk makes one pound of cheese. Caprikorn milks more than six dozen goats a day in the milking parlors of their 8.5 acre farm, where they are the only ones in the state making that type of Goat Cheese. If you miss them at our Market, you can also find their cheese at the Leesburg Farmers Market, Montgomery Village Farmers Market, MOMs and Common Market in Frederick, Whole Foods, Roots and co-ops in Washington, D.C.

The herd of 80 females and 10 adult males is fed on a special oats-barley-sunflower feed, and Caprikorn also sells their Saanens to other breeders as far away as Russia and Canada. "Our farm has the #1 Saanan dairy goat for 4 years in a row now," in terms of milk production, Alice says with pride. Foodies and those with food allergies are some of the biggest fans of goat cheese, she says.

- Goat milk is more easily digested for lactose intolerance
 - Goat milk has twice the calcium and 30% less cholesterol than cow's milk
- Goat milk cheese melts without congealing, like mozzarella and provolone

Click here to learn more about [Caprikorn's Goat Cheese](#)

includes a wide variety of artists and eras--from Hank Williams, B.B. King, and Skip James to John Denver and Jimmy Buffett.

Not Your Average Grocery Store Experience...

We asked shoppers why they come to the Farmers Market, and here's what we heard:

- “I like having farmers in our area, and you can't beat the variety of produce!”
- “It's the best food you can get—no preservatives. I always pick up a treat from Danny (Rohrer's Meats); you can't get meat that fresh from the grocery.”
- “Where else are you going to find food just picked that morning?”
- “This is when we check in with friends and neighbors that we see

Squash Your Heart Out—It's Your Season!

It's prime time in Maryland for summer squashes—zucchini, yellow straightneck or crooked neck, and white, saucer-shaped, scallop or patty pan in cool (32°- 50°F), moist (90% Relative Humidity) conditions. To select a squash at the farmers market, look for squash that is heavy for its size with shiny, unblemished rinds. Treat it with care because squash are easily bruised. Once home, store your squash unwashed in plastic bags in the crisper drawer. It is recommended to use them within two to three days, although according to University of Maryland Extension Service, squash will keep for 5 to 14 days.

To prepare your squash, wash and trim ends and cut or slice into pieces; squash can be baked, sautéed, broiled, grilled. Summer squash is low in calories and an excellent source of manganese and Vitamin C, as well as a good source of folate, vitamin A, magnesium and potassium. Just make sure to leave the peel on because that's where most of the nutrients are.

Here's a summer squash recipe from marylandmeals.com:

Summer Squash Casserole

(serves 6)

Recipe Ingredients:

- 3 cups summer squash, diced
- 1/4 cup sour cream
- 1 tablespoon butter

every week.”

Do you love your Farmers Market?

*American Farmland Trust (AFT) has
opened the voting to select
“America’s Favorite Farmers
Markets”
and WEST FREDERICK FARMERS
MARKET IS IN THE RUNNING!*

The online contest is a nationwide challenge to see which of America’s farmers markets can rally the most support from their communities. At the end of the contest on August 31st, one large, medium, small, and boutique sized farmers market will win the title of “America’s Favorite Farmers Market” for 2011. Winners will be featured on Epicurious.com, the most award-winning foodsite, and

2 tablespoons sharp cheddar cheese, grated
1/2 teaspoon salt
1/4 teaspoon paprika
1 egg yolk, beaten
1 tablespoon chives, chopped
Bread crumbs

Directions:

Place your diced squash in a large pan or pot and cover in a little bit of water. Simmer until squash is tender, remove and drain. In a large saucepan add your butter, sour cream, cheese, salt and paprika. Stir over low heat until the cheese is melted. Remove mixture from heat and add egg yolk and chives. Add squash and fold in well. Place entire mixture into a 1 quart casserole dish and top with bread crumbs. Place casserole in a preheated oven at 375 degrees and bake for 15 minutes or until thoroughly heated.

will be honored at local celebrations where they will receive prize packages from American Farmland Trust and its partners.

Please tell all your friends and family to visit the [West Frederick Farmers Market website](#) and **VOTE!**
