



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
are the ones who produce, plant, grow
and harvest these items. This assures
that you are getting local and

Ed's Country Bakery Brings Old-time Quality to the Market

Husband and wife team Ed and Beth O'Hara, along with family and friends, own and operate Ed's Country Bakery. The bakery is located on the O'Hara Family Dairy Farm, just off of route 340 and Mt. Zion Rd, in Frederick.

Ed does most of the baking, while Beth specializes in the business and marketing side of the bakery. Beth is the face of the business whom you meet at the market selling cupcakes, breads, cookies and wonderful cakes. Their shop – which one customer said she frequents because “it’s like a good old fashioned bakery”---has a storefront with cases of tempting goodies. They also sell all-natural beef from the farm at the shop that is pasture raised and grain finished, without hormones or antibiotics.

and harvest these items. This assures that you are getting locally and quality grown products.

Upcoming Events

July 30: Old Time Gravy Soppers, old time music!

10 a.m.-1 p.m.

The Main Line Gravy Soppers are an old time trio featuring Rebecca Adams on clawhammer banjo and vocals, Jeffrey Adams on guitar, and Jason Miller on fiddle, vocals, and banjo. Their songs range from fast raucous vaudeville numbers to haunting old fiddle tunes, always telling a story. After having twin boys 6 years ago, Rebecca and Jeff began playing old time music in earnest, learning from West Virginia greats such as Robin Kessinger and Tim Bing, and North Carolinians Ivy and

with cases of tempting goodies. They also sell all-natural beef from the farm at the shop that is pasture raised and grain finished, without hormones or antibiotics.

Market Parking: Bear with Us and Be Neighborly!

Yes, we know the parking issue is challenging at our Saturday market site. We have been in negotiations over the years with neighboring propertyowners and are still working to come up with a solution that gets more parking spaces for YOU!

Here's what we want you to know about now:

Holiday Cinemas now has 11 a.m. movie times, and unfortunately we were forcing their customers to the outer limits of the lot, which Mark, the owner, said was dangerous for seniors and little children that often come to that showtime. Please be courteous and honor the fence that's now there; Mark and his family support and shop at the market; and we respect his right as a businessperson to run his operation the way he needs to.

My Bank is now seeing our enterprising customers parking in their lot, and because they are open till noon, we need to be neighborly and ensure there are spaces for *their* customers, so please, refrain from parking there. **Potomac Physicians Lot:** That leaves us with our allocated parking, which is not always adequate for those of you who like to arrive early (**our biggest crunch is 9:45-10:45 a.m.**)

David Sheppard.

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

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

**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

Here are a couple ideas to make things better:

**If you need to shop early, please be courteous and patient with your
fellow market visitors to avoid hot feelings and fender benders!*

**Shop later if you can! We're asking our vendors to reserve some of their items
for 11:30 a.m. so that you don't feel you **have** to be there early before things run out.*

**Carpool! Do you have neighbors that come to the market? Be neighborly, save
gas and fossil fuels and COME TOGETHER!*

Thanks for your patience as we try to find a solution to this challenge!

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 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!****
