

# Munch ON THIS



## **Harvest**

*By Marcia Rae  
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The harvest is in full swing and the Brownsville Farmers Market is teaming with an abundance of food of all shapes and sizes, colors and textures, smells and tastes. Here is what I saw at the Market this weekend --

White and yellow peaches	Eggs
A variety of tomatoes, including cherry, yellow pear, and heirloom	Zucchini
Corn	Crook neck squash
Green beans	Cucumbers
Blackberries	Beets
Shallots	Jalapeno peppers
Green peppers	Onions
Plums	Decorative squash
Honey	Nasturtiums
Elephant garlic	Carrots
Jam	Pickling cucumbers
Filberts	Tomatillos
Blueberries	Hot peppers
Walnuts	Lettuce
Pears	Chard
Apples	Kale
Salsa	Soap
Basil	

Sort of a mouth watering list, isn't it? Especially knowing that it is fresh picked and lovingly raised. No chemicals. Just good earth, air, and water. Good for our world and good for our bodies.

Munch on This – Why not indulge yourself? Come early for the best selection

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon. Support your local farmer. Music is the Main Street Band.

PSS – This Saturday is the Brownsville Great Bread Bake Off. 11:00 at the Farmers Market. Be there, or be square. The only rule? Mostly local ingredients. Entries will be judged in two categories – yeast breads, and everything else. Bribery is encouraged. Booing and yaying are sure to sway the “impartial” judges. Or step up and be the judge for a morning of mouth watering sampling. If you don't have your locally milled, locally grown, organic flour yet, that is no excuse. Pick up a free 3 pound bag at Randy's Main Street Coffee

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