

PFM news
August
 2008



Recipe
 of the month

**Colorful Fruit
 and Greens Salad**

Salad

4 cups
 mixed
 salad
 greens.



1 orange, peeled and sliced
 1/2 cup fresh fennel, diced
 1/2 cup fresh strawberries, sliced
 1 Golden Delicious apple or Bartlett pear, cored and chopped
 In a large salad bowl, whisk together vinaigrette. Add salad greens and toss. Arrange fruits and fennel on top of greens and serve.

Vinaigrette dressing

3/4 cup fresh orange juice
 2 Tbsp white wine champagne vinegar
 1 tsp. olive oil
 1/4 tsp black pepper
 1 pinch of salt

What's happening at the market ?

August 1

- Food Sampling by WIC – Zucchini Cobbler
- Music – Cappelli

August 8

- Children's Museum open – Fruit scavenger hunt
- Music – Dan Haug

August 15

- Agri-tainment by Julie Waliser – Reduce, Reuse and Recycle
- Music – Cappelli

August 22

- Master Gardeners
- Family Activity – Recycling art
- Music – JD Kendal

August 29

- Food sampling
- Children's Museum open
- Music – Lonnie Shurtleff



It's a family affair at the Pendleton Farmers Market. This toddler was mesmerized by the sights, sounds and smells of Friday evening on Main Street.

10 reasons to eat more fruits and veggies

10 – Color and Texture: Fruits and veggies add color, texture and appeal to your plate.

9 – Convenience: Fruit is nutritious in any form, fresh, frozen, canned, dried and squeezed. So they are

What's new?

Typically, August brings out the corn, melons and berries, along with lots of the produce shoppers have enjoyed all summer. It's always a great time to shop at the Farmers Market.

ready when you are.

8 – Fiber: Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

7 – Low in Calories: Fruits and veggies are naturally low in calories.

6 – Reduce Disease Risk: Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease and some cancers.

5 – Vitamins and

Minerals: Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

4 – Variety: Fruits and veggies are available in an almost infinite variety. There is always something new to try.

3 – Quick: Natural Snack: Fruits and veggies are nature's treat, and they are so easy to grab for a snack.

2 – Fun To Eat! Some

crunch, some squirt, some you peel, some you don't, and some grow right in your own back yard.

1 – TASTES GREAT!

Farmers Market
 Board Members

- Jack Simons - President
- Annette Frye - Treasurer
- Mary Ann McCune - Secretary
- Karen Wagner
- Christina Van der Kamp
- Charles Denight
- John Finley (local farmer)
- Gus Wahner (local farmer)
- Laura Ruhland
- Kristin Yunker

www.pendletonfarmersmarket.net