



APRIL 6 - 12, 2009

Neighborhood Farmers Market Alliance Year-round Markets:

University District (UD) – Saturdays, 9 am – 2 pm

West Seattle (WS) – Sundays, 10 am – 2 pm

What's New:

Port Madison Farm is back at both the U-District and West Seattle markets with their popular goat cheese from their farm and dairy on Bainbridge Island. They have wonderful fresh chevre, farmhouse cheddar, fresh yogurt and a new crumbly semi-hard Lancashire style cheese called “Not Your Uncle’s Winsleydale” This name is temporary. Farmer and cheese maker, Steve Phillips is asking for your help in developing a new name.

Easter is April 12th The Markets have Easter Hams, Leg of Lamb, Rack of Lamb, Prime Rib, Leg of Goat or Rack of Goat and are available from Skagit River Ranch, Olsen Farms, Sea Breeze Farm and Toboton Creek Goat Farm.

Greens – Lots more Arugula, Spicy Salad Mix, Sunflower Sprouts, Dandelion Greens

Fiddlehead Ferns

Wild Verpas Mushrooms – also called the “False Morel” at Foraged and Found
Also Wild Greens - Miner’s Lettuce, Watercress, Stinging Nettles.

New Baked Treats: Easter Egg sugar cookies hand-painted by Czech masters at Little Prague Bakery. Also Triple Cheese Custard pies made with market peaches and lavender from Pies by Jenny. Both at U-District Market.

Milk, Butter, Cream – From Golden Glen Creamery – At UD only.

Spring Flowers and Bulbs: **Pussy Willows, Forsythia, Quince-** from Choice Bulb at U-District (beautiful assortment of small planter boxes to fit your garden, porch or patio)

Daffodils – Deep yellow and cream-colored Daffs. Single stem bouquets or paired with pussy willows and spring greens.

Winter Tulips - Tulips from Alm Hill Gardens in Everson, Washington (Whatcom County). Red, Violet, Purple, Yellow, White, Variegated color combos and deep orange **parrot** varieties with ruffled petals. Gorgeous! Also Hyacinth Bouquets.

Fresh Every Day...

VEGETABLES:

Beets

Brussels Sprouts

Cabbage – Green, Napa

Carrots

Celery Root

Garlic – Whole bulbs – Elephant, mild and hot

Greens - Mustards, Collards, Bok Choy, Arugula, Mizuna, Sorrel, Mixed Braising Greens,

Spicy Salad Mix, Sunflower Sprouts

Kale – Green, Purple

Leeks

Onions

Parsnips

Potatoes – Rose Finn Fingerlings, New Reds, Austrian Crescent, Blue, Yukon Gold, Cal-White,

Purple, Skagit Valley Golds

Rutabagas

Sunchokes – Jerusalem Artichokes – all sizes and shapes.

Turnips

FRESH FRUIT

Apples: Fuji, Braeburn, Pink Lady, (see also dried fruits and vegetables listed near bottom of list below)

Herbs: Cilantro, Sage, Rosemary

*******FOOD COURT AT U-DISTRICT MARKET******

Lots of good choices for a healthy snack or lunch! Available every Saturday at the U-District Market. Ingredients are sourced from our local farmers!

Rolling Fire - Wood Fired Pizza

Anita's Crepes – Hot filled crepes, sweet and savory

Patty Pan - Grilled Veggie Quesadillas and Tamales

Green Go – Grilled Burgers; local beef or veggie options

Local Farmstead CHEESES and DAIRY

Chevre, Goudas, Cheddars, Fresh Mozzarella, Brie, Pecorino, Parmesan, Feta, Queso Fresco, Provolone, Semi-soft blue, Aged and Raw varieties from:

Port Madison Farm: Goat Cheese; fresh Chevre, Cheddar, Feta, Brie, Yogurt

Samish Bay: Queso Fresco, Farmer Cheese (spreadable), Feta, Fresh Mozzarella.

Yogurt. Also Organic Gouda (from Jersey cows), Flavored Goudas (Cumin, Nettle), Mont Blanchard, Montasio, at UD, WS.

Estrella Family Creamery: Goat, sheep & cow: Camembert, Aged Blue, Tomme, Morbier Creamy Blue - at UD.

Mt. Townsend Creamery: Cow's milk Brie, Tomme, Camembert, Curds, at WS & UD.

Sea Breeze Farm: Aged Cow's milk (7 mos) Goat's (aged 3mos), fresh whey Ricotta, Crème Fraiche, Buttermilk, Butter, Raw Milk, Heavy Cream - at UD and WS.

River Valley Cheese: Raw Cow and Goat milk: hard Goat Cheese, fresh Goat Chevre, flavored fresh Goat Chevre, Feta, Cow's milk cheeses soaked in Cabernet and Pike Place Ale, Cow's milk Cheddar and Pepper Jack, fresh Mozzarella. At UD and WS.

Golden Glen Creamery: Butter, Chocolate Milk, Cream, Milk, Cheddars and Goudas.

FRESH EGGS *Lovingly collected every morning from organically fed, run-around-the-barnyard local chickens and ducks:* Stokesberry Farm at UD and WS. Stoney Plains Farm at UD and WS. Sea Breeze Farm at UD and WS. Skagit River Ranch and Samish Bay at UD. Growing Things at UD.

Local Pasture Raised MEATS and POULTRY

PORK *Organic/Pasture-Raised and finished pork; all cuts, frozen and smoked, Loins, Chops, Roasts, Ham, Bacon, Sausages, Porchetta, Lard. Mangalitsa and Berkshire.* Samish Bay at UD & WS. Woolly Pigs at UD and WS. Sea Breeze Farm at UD and WS. Skagit River Ranch at UD.

BEEF *Organic pasture raised and finished beef. Steaks, Roasts, Hamburger, Summer Sausage, Andouille Sausage, Jerky, London Broil, soup bones, dog bones* Samish Bay at UD, WS. Skagit River Ranch at UD. Olsen Farms at UD. Sea Breeze Farm at UD and WS. Stokesberry Farm at WS and UD.

CHICKEN and DUCK *Free-run locally raised chickens and ducks. Fryers, stewing hens and roasters. Chicken liver (pate) and chicken stock.* Stokesberry Farm at UD and WS. Growing Things at UD. Sea Breeze Farm at UD and WS— also chicken, pate and soup stock.

VEAL *Veal Ribs, Loin Chops, Top Round, Shanks.* Sea Breeze Farm (UD & WS)

LAMB *Leg of Lamb, Rack of Lamb, Lamb Saddle Roast - Fresh cuts, ground fresh* – Sea Breeze Farm (UD & WS – limited dates) and Olsen Farms (UD, WS - all dates) **Mutton** - From Sea Breeze Farm on Vashon – limited dates.

GOAT MEAT *Steaks, Chops, Leg of Goat, Rack of Goat,* Natural Summer Sausage and Brats, Pepperoni from Toboton Creek Goat Farm in Yelm (at UD and WS) Also available from Sea Breeze Farm – limited dates at UD and WS.

Pate' de Foie (chicken, pork and calf liver with red wine, cream and garlic) from Sea Breeze at UD and WS.

SOUP STOCKS - **Veal**, chicken, beef, duck and lamb stocks; rich, gelatinous stocks for your best home recipes from Sea Breeze Farms – at UD and WS

MUSHROOMS: False Morels (Verpas) and Cultivated (Shitake and Oyster).

WINES

Semillon, Sauvignon Blanc, Cabernet, Brisaige, Syrah and Blends from Sweetbread Cellars on Vashon Island. Brought to Market by Sea Breeze Farm. at UD and WS.

Sweet Raspberry and Spiced Blackberry dessert wines and Tayberry Table Wines from Rockridge Farms at UD and WS.

FISH *sustainably caught, excellent quality*

WILD SALMON: Frozen Wild Whole Coho, Sockeye and Keta salmon. Ivory King, Keta, Sockeye and Coho frozen fillets. **Also Lox, Jerky, Salmon sausage and patties, Chum Caviar, Pickled Salmon.** At UD and WS markets.

OYSTERS, CLAMS, GEODUCK and MEDITERRANEAN MUSSELS from Taylor Shellfish at UD.

DRIED FRUITS AND VEGGIES

Apples, Wild Huckleberries, Peaches, Apricots, Prunes, Asian Pears, Bosc Pears, Tomatoes, Celery Leaf, Hot Chilies, Garlic Powders from numerous different farmers at the markets.

Dried Mushrooms: Chanterelles, Lobster, Porcini, Truffle Salt at UD and WS.

FRESH PASTA - Fresh, seasonal fillings include (depending on season): egg, red bell pepper, basil, squid ink, carrot, tomato and spinach pastas made with semolina flour. Also fresh raviolis with olive & artichoke, mushroom, pumpkin, spinach/roasted garlic, goat cheese, Loki smoked salmon, Mangalitsa pork and 4-cheese fillings. From La Pasta at UD and WS

HONEY - Blackberry & Wildflower - raw, unheated & unfiltered, plus raw Honeycomb. At all markets.

ARTISAN BREADS

Italian and French style rustic loaves and foccacia from:

Panzanella at UD

Tall Grass Bakery at UD and WS.

Pacific Coast Bakery – At U-District

Preston Hill Bakery – Ciabatta, Rosemary Foccacia, Rustic Sourdough and Chocolate Brioche rolls – At U-District on 4/25 only.

Fresh, locally-made PASTRIES

Pies, pretzels, tarts, brulee, gateau, cookies, scones, cinnamon rolls, brownies, muffins, loaf cakes, biscotti, granolas:

Flying Apron GLUTEN-FREE: cakes, scones, muffins, cookies, tarts at WS (and back at UD starting April 4)

Pies by Jenny: Sweet and savory pies and tarts made from fresh, local farm ingredients at UD.

Belle's Buns: French style pastries - croissant, bouchon, tarts, desserts, cookies, sauces at UD.

Little Prague: Eastern European style pastries at UD, WS.

Pacific Coast Bakery: Pies, Tarts, Sweet Breads and Cookies at UD

CHOCOLATES: Homemade truffles and caramels from Trevani Truffles – UD and WS

CIDERS - Apple, Apple Raspberry, Apple Apricot, Spiced Apple, Cherry-Apple, Ginger Lemonade from Rockridge Farms and Woodring Foods. Also, Apple cider VINEGAR. Fruit ciders from Tiny's Organic. At UD, WS.

JAMS, JELLIES, SAUCES, SPREADS AND PRESERVES:

White Chocolate Marzipan, Bittersweet chocolate, Chocolate Hazelnut, Milk Chocolate sauces from Woodring Foods. Locally-sourced Lavender, Rose Petal, Raspberry, Peach Chipotle, Marionberry, Black Raspberry, Golden Raspberry, Black Currant, Tayberry, Lingonberry, Blueberry, Strawberry Rhubarb, Apricot, Apple, Pumpkin jams and spreads from Woodring Foods. Ginger Chutney from Woodring Foods at UD and WS. Peach, Apricot, Blackberry and Blueberry jams from Growing Things Farm at UD. Peach and Apricot Spreads from Pipitone Farm at B'Way, UD and WS. Seasonal fruit jams from Tiny's Organic Farm – all markets.

Chimichurri, Hummus and other delicious condiments made with all-local-farm ingredients - from Sound Bites. At UD and WS.

PROCESSED FOOD TO GO: Fresh seasonal soups to go from **Got Soup** (at both markets. Entrees, desserts, soup stocks, pastas all sourced from local growers at **Eat Local** (at the U-District only)

For more information, please contact Chris Curtis at 206 632-5234 or chris@seattlefarmersmarkets.org or find us on the web at www.seattlefarmersmarkets.org.