



Hunterdon Land Trust

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MEDIA ADVISORY

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Apples and Pumpkins ... and Kale? Oh My!

At the Hunterdon Land Trust's Farmers' Market, Colorful Fruits and Veggies
Will Be Yours for the Eating

The next time you're out for a Sunday drive, enjoying Mother Nature's spectacularly colorful display, don't forget that the fall foliage isn't the only show in town. At the Hunterdon Land Trust's Farmers' Market, farmers' tables will be laden with colorful and nutrient-rich goodness right through the end of November.

Sure, you'll find all the standard fall produce -- root vegetables, pumpkins and apples, for example -- but did you know you'll also find tomatoes and peaches, and as temperatures continue to dip, an encore appearance of spring greens?

"I'm always amazed that well into October you see many of the spring greens returning to the market -- things like kale, spinach, arugula and lettuce," said Catherine Suttle, director of cultural resources at the Hunterdon Land Trust. "What's great about coming to the Farmers' Market in the fall is that in addition to the greens returning, you also have carrots, potatoes, onions, garlic, apples, broccoli and winter squashes. The list just goes on. Some farmers will even continue to have tomatoes and peaches."

So, while Labor Day may have marked the end of the summer season, it does not mean the end of the Farmers' Market season. The market remains open every week through Nov. 24 before switching to its winter schedule when it's open the third Sunday of every month.

"A lot of farmers will get asked if we'll continue to be open during the fall, so I think there's a bit of a false impression out there," Suttle said. "Some markets do close earlier but farmers and our customers kept asking us to stay open up. Because of that demand, we remain open every week until just before Thanksgiving, and then we're open once a month from December to April."

Suttle noted that lives get busier in the fall and a weekly trip to the Farmers' Market might drop from the schedule. "Vacations are over and kids are going back to school, so a relaxing Sunday at the market might not be on their schedule. And that's a shame because when our lives get crazy we need to take

care of our health, and one of the best ways to do that is to eat nutrient-rich, fresh foods you always find at a Farmers' Market."

All the ingredients you need for savory stews

In addition to the great produce found at the market, shoppers can also find pork, beef and lamb to create savory and comforting fall meals.

The Hunterdon Land Trust also keeps a full schedule of activities running until Thanksgiving week. The highlights include:

- Oct. 20: An apple tasting event. Local cub scouts will also visit the market to offer a knot-tying demonstration.
- Oct. 27: A Quilting Frolic at the Dvoor farm house. "What's really cool about this event is that it's something people would do regularly in the Dvoor farm house when it was first built. The women of the neighborhood would come and they would quilt together," Suttle said.
- Nov. 3: The Wild Baby Rescue Center in Blairstown will teach kids about wild animals.
- Nov. 10: Bex Kitchen in Califon will demonstrate seasonal cooking.
- Nov. 24: A discussion of the preservation philosophy of the 1759 Vought House in Clinton.

The Farmers' Market will end its weekly fall season with a bang by hosting a holiday market on Nov. 24th by offering turkeys, decorative greens, wreaths and more to shoppers to help them celebrate the holidays.

"This is such a great time of year," Suttle said. "The air is crisp and clean and the Dvoor farm looks stunning as the leaves change to their fall colors. It's the perfect setting to shop."