

Can't Get Enough Fresh Produce?

Be sure to visit these local Utah County farmers markets if you don't have enough of your own fresh produce.

Franklin Farmers Market

Across the street from Pioneer Park
500 West 100 South, Provo
Saturdays, 8:00am – 1:00pm
Tom Parker: 801-377-1859

Lindon Farmers Market

60 North State Street, Lindon
Saturdays, Mid July – October, 8:00am – 10:00am
Grant Lund: 801-785-7981

Payson's Hot August Nights Street Market

Historic Main Street, Payson
Thursdays, August 3 – August 31, 6:00pm – 9:00pm
801-465-2634

Provo's Old Towne Farmers Market

100 South 500 West, Provo
Saturdays, July – October, 9:00am – 2:00pm
Tom Parker: 801-377-1859

Spanish Fork Farmer's Market

Center & Main Street, Spanish Fork
Saturdays, August 4 – October 27, 8:00am – 1:00pm
Mary Maslyn: 801-798-5000
www.spanishfork.org

Thanksgiving Point Farmers Market

3003 North Thanksgiving Way (by the Water Tower @
Thanksgiving Point), Lehi
Fridays, August 3 – October 5, 3:00pm – 7:00pm

The Extension Office has many publications available on food preservation, including the Ball Blue Book (\$5.00) which covers canning, freezing, and dehydrating.

FRESH PRODUCE RECIPES

Peach Cobbler Recipe, Joyce Matthews

2 c. sliced fresh peaches
1 c. sugar
¼ lb. butter
1 c. flour
½ tsp salt
¾ c. sugar
¾ c. milk
2 tablespoons baking powder
cinnamon or nutmeg

Pour 1 c. sugar over peaches and let stand. Melt ¼ lb. butter in baking dish and let cool. Mix flour, salt, ¾ c. sugar, milk and baking powder. Add cinnamon or nutmeg to taste. Spoon this batter carefully into buttered dish. Mix fruit and sugar and put on top of batter. Do not stir. Bake 45 minutes to 1 hr. at 370°F.

Joyce's Yellow Summer Squash Casserole, Joyce Matthews

2 pounds yellow squash (6 cups sliced)
1 cup shredded or chopped carrots
¼ cup chopped onion
1 can cream of chicken soup
1 cup sour cream
½ cup butter
1 8 oz. package stuffing mix

Cook squash, carrots and onion until almost tender. Sprinkle with salt and drain. Combine soup and sour cream and add squash, onion and carrots. Mix well. Make dressing according to package directions. Spray casserole dish or pan with Pam. Put half of stuffing in pan. Add vegetables and top with remaining stuffing. Bake at 350°F 25-30 minutes.

Garden Calendar

This provides an **approximation** of produce availability in northern Utah.

June

20 – Sweet cherries, raspberries

July

10 – Apricots, tart (pie) cherries, cabbage, beets,
summer squash

20 – Sweet corn, blackberries

28 – Peaches, nectarines

August

1 – Beans

7 – Plumbs

15 – Tomatoes, cantaloupe, watermelon,
peppers

20 – Red Potatoes, onions, summer apples

25 – Winter squash, pears.

September

5 – Grapes

14 – Apples, white potatoes

25 – Pumpkins

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<http://utahreach.org/fruitway/?fs=cal>