



OCTOBER 2, 2007  
ISSUE I

# Greening Princeton Farmer's Market

## Firestone/Chapel Plaza

Welcome to the Greening Princeton Farmers' Market! We hope you enjoyed the opening day of the market as much as we did, and are looking forward to a successful next four weeks. This newsletter provides a brief overview of our vendors and their products, and should expand as the season progresses. Our website is also a good market resource, [www.princeton.edu/greening/market](http://www.princeton.edu/greening/market). We are always open to feedback via email at [market@princeton.edu](mailto:market@princeton.edu). Thank you for coming out on this beautiful Tuesday!

Katy Andersen & Ruthie Schwab, Market Co-Directors

### **bent spoon**

This artisan ice cream and "good ingredient" bakery opened in Palmer Square in 2004. The bent spoon specializes in handmade (from scratch!) gelato, sorbets, and baked goodies, made using all natural ingredients that are organic, local, artisanal, or all of the above!

*Organic and locally-produced sorbets and ice creams*

### **Fruitwood Orchard**

This family-run orchard, established in the 1800's, first used bees only for pollination in the orchard. Their success led them to set up hives up and down the coast, and today the Orchard has over 3200 hives and makes twenty different varieties of raw unfiltered honey.

*Cider, corn, pears, apples, pumpkins, honey, some produce*

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### **Cherry Grove Farm**

This small farm in central New Jersey has been operating since the 1600s. These organic farmers seek to preserve this historic farmland by raising grass-fed animals including jersey cows, chickens and pigs. This past April, they began making farmstead cheese.

*Country ribs, Pork chops, Short ribs, Ground beef, Stew meat, Sausages (breakfast, French and sweet), Raw milk Provolone, Fresh Jersey Giovane (young mozzarella)*

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### **Griggstown Farm**

Less than thirty years ago, Griggstown Farm raised twelve quails on two acres. The farm is now seventy-five acres with over 35,000 pheasants, 70,00 quail and 150,000 chickens – all free range and organically fed. They also produce pies and sausages from ingredients produced on the farm.

*Chicken, Poussin, Chicken Sausage (including mozzarella and fresh basil), Duck breast, Quail, Ground Turkey (including seasoned turkey burgers), Eggs (chicken and quail), Chicken Pot Pie, Dried Mushrooms, Fruit Pies, Quiches*

## Honey Brook Organic Farm

The farm, located in a nature preserve, is one of the oldest organic farms in New Jersey and the country's largest CSA (community-supported farm). Growing a wide variety of vegetables, the farm focuses on using sustainable and environmentally-conscious methods in all aspects of production.

*Organic vegetables, including this week's additions: Arugula, Bok Choi, and more Spinach*

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## Small World Coffee

Small World Coffee, located on Witherspoon Street in Princeton, produces custom-blended premium coffee with micro-roasted beans from around the world. These specialty gourmet beans are fair trade certified and as fresh as possible.

*Locally-Roasted Coffee, including the "Joker Poker Blend," the monthly special*

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## Valley Shepherd Creamery

This old fashion creamery first existed as a small sheep farm until the husband and wife team to try their hand at cheese making. Their goal has been to create a sustainable farm suited for educating visitors about the sheep and the cheese.

*A variety of cheeses (including: Oldwick Shepherd, Fairmount, California Tomme, Ewe-gurt)*

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## Witherspoon Bread Company

Witherspoon Bread Company is an artisan bakery located in Princeton, which features handmade breads, baked goods, and organic products. Breads are baked in their stone-hearth oven daily.

*Focaccia, Breakfast Pastries (including croissants, brioche), breads (including baguettes, ciabatta, rustic sourdough, country boules, multigrain boules, couronne, ciabattini), focaccia spice jars, and organic olive oil*

Recipe of the week:

### Bruschetta/Panzanella

Ingredients:

Tomato  
Olive Oil  
Balsamic Vinegar  
Fresh Mozzarella  
Fresh Basil  
Slices of good bread

- 1) Cut the tomatoes and mozzarella into small cubes, roughly  $\frac{1}{4}$  inches each
- 2) Make a simple vinaigrette by mixing together olive oil and balsamic vinegar (3:1 proportion) and add a few shakes of pepper and salt. Add a few torn leaves of basil.
- 3) Serve with slices of good bread
- 4) After several days, when the bread gets slightly hard, cut it into cubes and add it to the tomatoes, mozzarella and vinaigrette to make a Panzanella Salad. Add a few more leaves of basil.