



# Belknap Farmers Market Newsletter

## October 13, 2016

- WHAT:** UofL Belknap Farmers Market
- WHEN:** Every Thursday from 3:30-6:00 p.m. - May 19 through Oct. 13, 2016
- WHERE:** 3rd Street and Brandeis Avenue

Come out and enjoy our vendors and all of their great products! Thank you for supporting our local farmers and vendors. Eating healthy is the way to go! Walk on over with your co-workers or your students and browse through our market. Remember that these farmers/vendors work hard and long on harvesting their produce, making their products and tending their animals.

**This is our LAST Belknap Farmers Market for the season.** Come and buy some great products and fresh produce while you still can. We want to thank everyone that supported our local farmers by visiting our Belknap Farmers Market.

### **VENDORS:**

- **Emily and Travis Ross's New Farm (New Albany, IN)** will have pork shoulder roast, zesty Italian sausage, ground sausage, spare ribs, 1 inch and ½ inch pork chops, and piggy link breakfast sausage. [www.louisvillefarm.com](http://www.louisvillefarm.com)
- **Granny's Delights (Bardstown, KY)** will have green beans, corn, potatoes, eggplant, tomatoes, onions, squash, zucchini, bread loaves, jars of jellies, jams, salsa, etc. <http://www.grannysdelights.com/>
- **Green Farm (Louisville, KY)** will have baby bok choy, amaranth, garlic, luffa, bitter melon, local honey, and stuffed pancakes
- **Pop's Kettle Corn (Lanesville, IN)** will have Kettle corn, caramel corn, lemon shakeups <https://www.facebook.com/rob.mcdonald.585>

- **Swallow Rail Farm (Simpsonville, KY)** will have lamb chops, lamb chorizo and hot Italian sausage; whole pasture-raised chicken and eggs! Sign up for our eggs CSA if you are on campus so you can continue to get eggs and meat delivered! [www.SwallowRailFarm.com](http://www.SwallowRailFarm.com)
- **Use Good Scents (Louisville, KY)** will have deodorants, lotion stick, tallow body butter, soothing salve, hand sanitizer, laundry detergent, bath salts, foaming hand soap, lavender linen spray, and potpourri spray. All products are made with organic oils and butters and therapeutic grade essential oils. They are a toxic free alternative to various cleaning and personal use products.

**Louisville Water Company** will be providing pure tap water for our guests  
<http://www.louisvillepuretap.com/>

**Health Promotion Wellbeing Central - Nutrition Navigators (UofL)**  
[www.louisville.edu/healthpromotion](http://www.louisville.edu/healthpromotion) will also be supporting us with their RAH-Mobile (Random Acts of Health-Mobile) for transporting produce around campus and providing recipes for our newsletter, as well as, having Chef Mat Shalenko (formally trained chef and certified health coach with June Health & Wellness) [www.junehealthandwellness.com](http://www.junehealthandwellness.com) joining us to provide cooking demonstrations on September 8<sup>th</sup> and October 6<sup>th</sup>

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**REGISTER:**

Don't forget to register at the information table. You will be added to the list serve to receive future information regarding the Belknap Farmers Market and for future door prizes. Thanks to all of the donors who donated door prizes: UofL President's Office, Athletics, Campus Bookstore, Planetarium, Nutrition Navigators, and Assistant to the Provost Sustainability Initiatives.

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**UOFL HEALTH PROMOTION WELLBEING CENTRAL FEATURED RECIPE:**

**Vegan Roasted Vegetable Wrap**



**Ingredients for Roasted Vegetables:**

- 2 oz. red bell pepper – diced
- 2 oz. green bell pepper – diced
- ½ oz. yellow onion – diced
- 1 ½ oz. zucchini squash – diced
- ½ oz. fresh mushrooms – cut half lengthwise

½ oz. fresh basil – chopped  
¼ tsp. fresh Garlic – minced  
1/8 tsp balsamic vinegar  
1/8 tsp salt  
1/8 tsp ground black pepper  
1/8 oz olive oil

**Directions:**

Toss prepared vegetables with basil, garlic, vinegar, salt, pepper and oil. Spread on a sheet pan evenly and roast in a 425-degree oven for 10-15 minutes, or sauté in a skillet on the stove top until vegetables are tender. Cool and set aside for later use.

**Ingredients for Vegan Vegetable Wrap:**

2 each 12" flour tortilla  
6 oz. roasted vegetables (see above)  
6 oz. packaged salad lettuce mix  
2 2/3 oz. fresh tomatoes-sliced ¼" thickness

**Directions:**

Prepare roasted vegetables according to directions above.

To build wrap:

Mound 3 oz. shredded lettuce mix on tortilla, leaving 1" border around edge. Top lettuce with 3 oz. roasted vegetables. Top with 4 slices tomatoes. Roll the wrap "burrito style," ending with seam down. Cut wrap in half and place on the plate for a pretty presentation.

More recipes from UofL Health Promotion Wellbeing Central:

[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat's website has more recipes for fresh summer veggies and fruits:

[www.junehealthandwellness.com](http://www.junehealthandwellness.com)

**INFORMATION:**

**STAY CONNECTED**

Find the BFMVPBA on Facebook - [www.facebook.com/BelknapFM](http://www.facebook.com/BelknapFM)

**LISTSERV**

The Belknap Farmers' Market does not sell or rent your e-mail address to any third parties. Subscribe to this listserv: send an email to [bfmvpba@louisville.edu](mailto:bfmvpba@louisville.edu)

**ABOUT BFMVPBA**

Please send questions or comments to [bfmvpba@louisville.edu](mailto:bfmvpba@louisville.edu)