

# The Market Minute

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UNION COUNTY FARMER'S MARKET MONTHLY UPDATE

## Has Spring Sprung?

With Winter weather fading more and more each week, and daffodils showing their beautiful blooms, it's safe to say we've all got a touch of Spring fever. We're soaking up every sunny day we can get. This is the time of year that we have the mindset of coming out of hibernation and longing for warmer days.

While we stare at that big fiery ball in the sky, we start brainstorming "Spring prep." For most that means getting to your local hardware and picking up a bag of grass seed, maybe a few packets of vegetable seed or a flat of pansies for your patio pots. Whatever it may look like for you keep in mind that the farmers at the Union County Farmers Market have had this season in mind since January or earlier!



### What's in Season:

- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Chard
- Collard Greens
- Fresh Herbs
- Garlic
- Kale
- Kohlrabi
- Mixed Salad Greens
- Mushrooms
- Onions
- Peas
- Pecans
- Potatoes
- Radishes
- Spinach
- Sweet Potatoes
- Turnips

If it's a windowsill or patio garden you are planning, look no further. We have herb transplants such as rosemary, thyme, mint, cilantro, parsley and oregano, just to name a few. This is a great responsibility and learning project for kids and adds a burst of flavor to each dish you prepare.

Is it color you're wanting? We have that too! Many of our farmers will be harvesting fresh cut flowers or bringing beautiful hanging baskets and patio pots to help add a touch of Spring to your home.

Need more? Don't forget we ALWAYS have an endless supply of fresh vegetables, free range eggs, local honey, pasture raised meats, and delicious canned & baked goods! Come see us EVERY Saturday at 805 Skyway Dr. OPEN 10am-1pm!





## FARMERS ATTENDING AND WHAT THEY'RE BRINGING

Listed in Alphabetical Order

**Callisto Gardens**- Potted plants; cilantro, parsley, rosemary, thyme, oregano, kale, peas, catnip, and violas.

**Cane Creek Farm**- Free-range chicken eggs, farm fresh quail eggs, dried and fresh herbs.

**Country Charms Cookies**- Artisan baked assortment of cookies, pies, dessert breads, pound cakes, St. Patrick's Day and Easter specialty cookies and pretzels.

**Crossroads Farm**- Sweet potatoes, white potatoes, broccoli, cabbage, elderberry syrup, free-range eggs, local honey, greens, beets, turnips, shelled pecans, collard greens, onions.

**Dreamy Acres Farm**- Hand-crafted goat soap (goat milk collected from farm), hand-poured soy candles, wax melts, lotions, creams, balms, bath bombs, salt scrubs, Valentine's Day and St. Patrick's Day soaps and bath bombs.

**Elkins Produce**- Sweet potatoes, white potatoes, broccoli, cabbage, elderberry syrup, free-range eggs, local honey, greens, collards, turnips, shelled pecans, beets.

**Golden Delights Honey**- Local honey in various size containers, honey sticks, honey with comb.

**Greene Farm Beef**- Pasture raised beef, supplemented just prior to harvesting with small amounts of natural feed (no corn), horseshoe art.

**Greenworks**- Succulents, live plants such as sage, basil, mint, and watercress. Produce including Jerusalem artichokes, carrots, green onions, green garlic, salad turnips, baby purple top turnips, mixed salad greens, fresh and dried cut herbs (Sage, Oregano, Thyme, Rosemary, Mint).

**Kay's Cakes**- Fresh baked pies, cakes, breads, trail mix.

**Minnie's Breadbasket**- Fresh baked sourdough bread, pies, pound cakes, mini pies.

**Mint Hill Rockstore BBQ On-The-Go**- Fresh Carolina BBQ sandwiches, bulk BBQ, chicken BBQ sandwiches, brunswick stew, mac & cheese, baked beans.

**Old Barn Farm**- Free range chicken eggs, herb plans (thyme, rosemary, mountain mint) Fresh Coffee!

**Parker Farms Cattle & Co.**- Grass-fed and finished beef, forest-raised pork, and pasture-raised poultry.

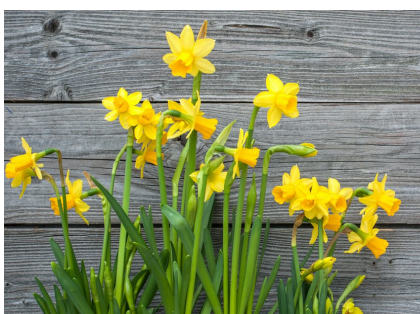
**Peaceful Meadows Farm**- 100% Grass-fed beef, forest-raised non-GMO fed pork, pasture raised chicken, free range chicken eggs.

**Rocky River Farm**- Pasture raised beef, pork and chicken, dog treats, free range chicken eggs, free range duck eggs, Brown Creek Creamery cheese, elderberry syrup, local honey, Olive Crate oils and vinegars.

**Sister's Kitchen Delights**- Assorted flavors of homemade canned jellies, jams, and butters. Some sugar free options are available also.

**Sweet & Cozy Bakery**- Lemon pistachio cookies, sliced apple fritter bread, oatmeal raisin cookies, snickerdoodle cookies.

**Winding Brook Farm**- Mushroom varieties such as Lions Mane, Blue Oyster, Black King Oyster, Brown Oyster, natural wood bee houses, compost mix, mushroom compost, vermicompost, rabbit manure compost mix, grow bags, seeds, pinecones, loofah seeds.



For a detailed weekly list of vendors and goods please visit our website:

<https://union.ces.ncsu.edu/union-county-local-foods/union-county-farmers-market-2/>

