



Norton Friends & Farmers Market
"Where Your Week Begins"
Tuesdays, Rain or Shine, 4-7 pm, Downtown Norton
beside the Coalfield Progress

Virginia will be celebrating Farmers' Market Week from August 1st-7th. Go to the Virginia Department of Agriculture's website and find out how they are promoting the event!

<http://www.vdacs.virginia.gov/news/releases-a/071610frmsmktwk.shtml>

Hippocrates said, "Let food be your medicine." Each week our farmers bring produce picked at the peak of the season, providing maximum flavor and nutrients. And remember, when you shop at the farmers market, you are benefiting local growers and strengthening your local community!

So join us at the market on **Tuesday, August 3rd**. Here are some of our vendors and the items they plan to bring...

Carol Moore-Fused glass jewelry, pottery

FarmLIFE (Vicente Rosa)-Fresh & dried shiitake mushrooms, fresh-ground corn meal, eggs, lamb, turkey legs

Laws Organic Farm (Gary & Cindy Laws)-Eggplant, yellow squash, corn, green beans, onions, garlic

Janice D'Amato-Eggs, lavender bunches, wool potholders, maybe goat's milk soap

Mullins Apple Orchard (Roy & Dianna Mullins)-Free-stone peaches, apples (Early Gold & Ginger Gold), green beans (turkey crow, greasy)

Vance Mountain Farm (Jessie Hamm) & Walker Family Farm (Beth Walker)-Tomatoes (German Pink), cucumbers, potatoes (kennebec), eggs, beef (ground burger, sirloin, filet, T-Bone, rib eye), painted gourds

Sandy & Bill Jones-Local honey (sourwood, locust, and others), crafts made from tobacco sticks, hand-crafted soaps and candles

Bob Orr-Corn (bi-color), tomatoes (plum)

Norris Bolling, David & Donna Wampler-Green beans (White Hastings), tomatoes, potatoes (kennebec & Yukon Gold), corn, squash, peppers

Belinda Dingus-Hot peppers (banana, Spanish hot), green beans (half-runners), cucumbers, eggs

Mountain Rose Vineyard (Suzanne Lawson)-Locally-produced wine

Opossum's Bottom Farm/Ziegenwald Dairy (John & Andrea Woodworth)-Chevre-style goat cheeses, and Colby cheese

R&D Farms (Dale & Rebecca Myers)-Grass-fed beef, pork, and lamb (USDA approved—no antibiotics or hormones; animals raised using healthy, humane practices)

Trish & DA Ward- Trish & DA Ward-Fresh-berry jams (including blackberry/black raspberry, wineberry, and blackberry), sugar-free blackberry jam, zucchini bread, peanut-butter roll, and assorted vegetables

Thomas Hobbs-Peach and apple butter

Bread by Marla (Marla Weitzman)-Assorted fruit pies; plus various yeasted breads, including sourdough (white and wheat), focaccia flatbread (sun-dried tomato parmesan), and more

Jan Marie's Bakery (Katie Crane & Rebecca Mullins)-Honey bun cake, homemade marshmallows, cinnamon rolls, and caramel apple, banana and zucchini breads (*Check out the info (below) about Jan Marie's **Marshmallow Madness! "Invent-A-Flavor" Contest!***)

Lost Mountain Woodworks (Jon Mullins)-Custom wood-burned plaques: portraits, business signs, 911 addresses, name plates, and more!

B & B Crafts (Beth Thacker) & Mountain Crafts (Megan Calhoun)- Assorted craft items, baked sweet breads, glass beaded jewelry (bracelets and necklaces), button jewelry, ear sweeps

Meffords Fine Things (Ruth & Doyle Mefford)-Homemade preserves, crocheted items including towels and bottle covers, and aprons

Special Events:

Children's Market-4:30-6 pm-Each child gets Kids Bucks to shop the market, plus a special activity will be planned (Sponsored by Sykes Enterprises & CSE Insurance Agency)

Folk Dancing Demo-5-6 pm-Anna & Ray Wells will be showcasing International and American folk dances; including dances from Israel, Greece, and Ireland. Viewer participation is invited and encouraged!! (Anna & Ray will also have local history and genealogy books available for purchase.)

Non-profit groups who plan to fundraise:

Norton Pentecostal Church-Hot dogs, cheese nachos, plus many assorted desserts!

"Real farmers...Real people...Real community"

Marshmallow Madness! Stop by Jan Marie's tent and enter their "Invent-A-Flavor" Contest and submit your idea for a marshmallow flavor. (Be creative! Marshmallow's can be flavored as well as have toppings!) Contest goes through August 3rd; the winner will be announced August 10th. If you win, marshmallows in your special flavor will be named in your honor; you'll receive a \$10 gift certificate to the Norton farmers' market, and Jan Marie's will give you a free bag of marshmallows in the winning flavor. Yum!!