

MARKET NEWS

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Recipe of the Week:

Summer Squash Casserole

2 1/2 pounds summer squash, sliced
1/2 cup butter (1 stick) cut into several pieces

3 beaten eggs

1/2 cup sour cream

3/4 cup finely chopped bell pepper

1 tbsp sugar

1/2 tsp salt

3/4 cup dry bread crumbs (or crushed rice cereal to make gluten-free)

1 1/4 cup shredded cheddar cheese

Steam the squash for 8 to 10 minutes and set aside to drain.

Combine the squash and butter, mashing a little until the butter has melted.

Add everything else, reserving 1/4 cup of the bread crumbs (or rice cereal) and 1/4 cup of cheese. Pour into a buttered casserole. Sprinkle with reserved crumbs and bake at 350 degrees for about 40 minutes. Remove from oven, sprinkle with the 1/4 cup of cheese and bake for an additional 5 minutes.

-Catherine Ernst, Run-A-Muk Farms



Farmers Market Continues to Grow

Despite constant rainfall for weeks, the Corydon Farmers Market continues to thrive and expand. Throughout the past few weeks, vendors have continued to join the market bringing the total to 32 vendors. The most recently added vendors are Hillview Farm, Holistic Living, Say Cheese, Alfalfa Acres, Sugar spun, Fallen Maple Farm, and Jacqueline's Jewels.

Alfalfa Acres and Fallen Maple Farm add a variety of homegrown items to the market. Alfalfa Acres offers a large variety of produce throughout the season including squash, cabbage, lettuce, tomatoes, and okra, while Fallen Maple brings fresh cut flower bouquets, sunflowers, gladiolas, grains, and dried beans.

In the area of handcrafted items, Holistic Living and Jacqueline's Jewels have introduced items new to the market. Holistic Living offers handcrafted aromatherapy products and home decor, and Jacqueline's Jewels sells a wide selection of jewelry and candles. Additionally, Hillview Farm adds goat milk soap and all natural lip balm in the area of handcrafted items in addition to their honey.

The final two new vendors offer scrumptious food to munch on while at the market. Say Cheese sells delicious grilled cheese and tomato soup, and Sugar spun offers the treat of cotton candy.

So whether you want to check out the jewelry or eat some cotton candy or anything in between, be sure to check out the new vendors Friday!

