



SUBMITTED BY MONICA GREENE, MARKET DIRECTOR



MID-SEASON MARKET UPDATE

## Know Where Your Food Comes From

If you haven't made it out the Inman Fresh Farmers Market yet this season, you are missing out! The quality of product that is available right in your backyard directly from the people who grow it is second to none. **Every Friday from 4-7 PM** you will find local farmers set up selling the freshest meat and produce that has never been treated with chemicals and is not chocked full of preservatives and other mystery ingredients. You can stock up on your staples like potatoes, tomatoes, corn, and squash while also finding some new things to try- like

perhaps some beets, purple field peas, Swiss chard, or sweet cherries. Peaches, nectarines, and melons are abundant this time of year and you won't find any fresher products than these that are picked the same day just before the market by our farmers.

You can also find local crafters selling their wares that they have poured their heart into making in order to share their passion with you. If you haven't bathed with a bar of Inglenook Soap, then you don't know what clean and refreshed feels like! You can smell

these fabulous soaps and candles at the market, but I warn you- they are addictive. You can also find wooden & crocheted crafts as well as a professional knife sharpener on site to make sure your kitchen knives are up to the challenge of slicing the fresh produce without bruising it.

We also have the locally famous Those Pickle Ladies with their varieties of delicious pickles from sweet to ghost pepper hot, you can find a pickle that fits your taste buds here. You can even stock up on high quality olive oil and vinegars with Olive and Then Some. Sample the large inventory of oils and vinegars as much as you want and the ladies will divulge all kinds of uses for them you never imagined. Be sure to sample their brownies made with blood orange olive oil and then you'll know what I'm talking about.

The market is in its second season, and steadily growing at the new location at **10 North Howard Street in the Inman First Baptist Church parking lot. We are open 4-7 PM every Friday afternoon through October.**



We are always looking for new vendors to add to our selection of the best local offerings. If you are a farmer, producer, crafter, or other interested vendor, please contact Monica Greene, Market Director, via email at

[inmanfreshfarmersmkt@gmail.com](mailto:inmanfreshfarmersmkt@gmail.com) or via phone at 828-674-0854 (please leave a message & your call will be returned).

Market Rules and Vendor Applications can be downloaded from the City of Inman's website

[www.cityofinman.org/freshmarket](http://www.cityofinman.org/freshmarket)



## Tarrant's Knife Sharpening

John Tarrant brings his sharpening skills straight to you. Each week, he is on site to sharpen while you shop, so don't miss this great opportunity. You can't slice the fresh produce properly without a sharp knife.

<http://tarrantts.com/>



## Olive & Then Some

Broaden your cooking horizons with this delicious variety of olive oils and vinegars as well as specialty seasonings. Sample their inventory & hear the endless possibilities for incorporating these high quality ingredients into your cooking.

<http://www.oliveandthensome.com/>



## Inglenook Soaps

Don't miss these fragrant bars of soap, bath bombs, and candles. A large variety is always available, so you're sure to find your perfect match! You won't want to bathe without Inglenook Soaps again....

<http://www.inglenooksoaps.com/>



## Old Paths Farm

This family owned and operated farm produces some fantastic hormone-free beef, pork, and eggs. Their Bratwursts are a must-try for grilling season! They also have a variety of delectable produce they pick straight from their farm in Gaffney.

<http://www.oldpathsfarm.com/>



## Easler Farm

The Easlars provide us with baskets of squash, potatoes, cucumbers, cabbage, tomatoes, & lots of surprise veggies each week. Those Cherokee Purple tomatoes are a game changer, so don't miss them.



## Rollins Farm

You don't want to miss the chance to stop and chat with Mr. Rollins- he'll even let you sample his delicious peaches before you buy a basket. And you will absolutely want to buy a basket...or two! Don't miss his okra either, it sells out fast.



## Those Pickle Ladies

With their ever-growing varieties of pickles, these ladies are in high demand. Regardless of your taste buds, you can find the right pickle to accompany your burgers, sandwiches, appetizer plates, or just plain eat out of the jar. <http://thospickleladies.com/>



## Hughey Farms

Hughey Farms never disappoints with their selection of goods. From green beans to squash and corn to fresh blueberries, strawberries and sweet cherries. Don't miss my personal favorite- the heirloom cherry tomatoes when they're available. You won't regret the purchase.

<https://hugheyfarms.com/>