

June 9

Coventry Farmers' Market

GUEST VENDORS THIS WEEK

Maharaja Indian Restaurant - Maharaja Indian Restaurant will be serving Indian matter paneer, chicken tikka masala, and vegetable samosa, and mango juice. We use seasonal vegetables from CFM's Apis Verdi Farm.

Twelve Springs - Natural and USDA Certified Organic skin, hair, lip, and personal care products. We also have USDA Certified Organic Essential oils/blends. Our Aromatherapist will be available to answer your questions about essential oil uses and applications. Friends of the Market take 5% off skin care products.

Wholly Goat Farm - Goat milk soaps, lotions, lip balms and body butters! Friends of the Market get 5 soaps for \$20.

Purring Pottery - Swing through and find Purring Pottery. Friends of the market deals, teacher gifts and mugs for Father's Day. Friends of the Market take \$2 off clay hands.

Skyspyders Pottery - Functional, quirky, and fun pottery. Wheel-thrown and high-fired. All products are food, oven, dishwasher, refrigerator, and microwave safe. Friends of the Market receive \$10 off purchase of \$20 or more.

Colemama Creations - Nicole Clark will be bringing hand-dyed and handmade coiled rope baskets and bags made from natural cotton, and some organic hemp. Friends of the Market receive a 10% discount on purchases.

Marilyn Mae Farm Soy Candles - Stop in and smell all of our most popular hand poured candles and we will have our "man candles" like BACON & SAWDUST. Friends of the Market receive 25% off a single candle!

Rusted Nail Salvage - Creates one-of-a-kind home decor pieces out of reclaimed materials. Each piece is handcrafted and designed to be the center of attention in your home. Friends of the Market get a free wine glass caddy with a purchase of \$75 or more.

My Dad's Jewelry - Allie and I are excited to be back at CFM. WE are returning with bracelets, earrings, and necklaces which have historical components. We have many new items from our travels as well. Friends of the Market buy a bracelet and get a second at 20% off.

Home Prep Products - We're thrilled to be back at CFM. We have some new products this season - including our laundry booster which is perfect for stink-removal. Our lavender spray is bliss and our protection spray is the best germ-blaster! Friends of the Market get 10% off their purchase.

Stock the Bar Candles - Upcycled containers made into candles! Craft beer soy candles, wine candles, gifts for dads + grads. Friends of the Market take \$5 off \$30+ purchase AND get a free reusable tote!

Shipwrecked Designs - Repurposed pallet wood and salvaged finds become nautical and beach treasures such as fish, octopus, nautical flags and more. Friends of the Market receive 20% off CT signs!

Baker's Woodshop - Handmade pallet frames for comic books - turn your comic books into art. Friends of the Market buy 10 frames and get 2 free.

Bayberry Meadow Herbs - We'll have dried herbal blends for cooking, assorted loose green & black teas, and herbal soaps. Friends of the Market take 10% off tin-sized blends for cooking.

Uncle Carney's Bootleg Jam - We will have samples of our jams infused with habanero and also all-purpose rubs. Friends of the Market get \$1 off your order.

Farmtrue Ghee - We'll be bringing all of our grass fed goodness including all flavors of ghee, ghee butters, and an entire line of ayurvedic body care. Truly nourish yourself! Friends of the Market get a free peppermint nourish stick with any purchase over \$20.

Pan de Oro - Pan De Oro is back with all our normal flavors and few special ones as well. Friends who buy 6 bags get one free!

Dude's Donuts - Apple cider donuts. Friends of the Market get \$1 off a dozen apple cider donuts.

Super Soups - We appreciate our Friends of the Market so much that we will be offering a 10% discount on your entire purchase.

Sassy Birch - Feeling sassy? Woman-owned, plant based snacking company is showing off its line of vegan jerky which you can snack on or cook with. We use compostable packaging. Stop by our booth for a sample. Friends of the Market get \$2 off their purchase of 2 or more bags.

24 Peace - Did you know that 24 Peace uses repurposed inks and/or materials in all of its products? We do! We are proud to sell clothing that is truly making a difference on so many levels. Repurpose, reuse, recycle. Friends of the Market receive 10% off all items, including sale items.

BH Upcycled Designs - BH Upcycled Designs returns with a full summer line of comfy, fun to wear, one of a kind upcycled apparel, plus our fabulous potholders and other goods. Friends of the Market receive a free wool "pan handler" with purchase.

Fiber & Mud ~ Flatland Alpacas - We're back this season with more indigo-dyed textiles... Stop by and check out how we grow and extract pigment from the indigo leaves. 10% off for Friends of the Market.

Fido's Fiber - Hands-on yarns, knitted items, dog yarns (upcycled from the dog!). Want to know about having your dog's fur spun into yarn? Bring a sample (small sandwich bag) and I'll check it out. Friends of the Market receive 20% off handspun yarns.

JB Fiber Art - JBJ Fiber Art will feature hand-dyed vintage linen napkins at this market. Linen is a remarkable and rare natural fiber that is more durable than cotton, and greener than paper napkins. Also available...Eco Printed silk scarves, and wall art made with spring leaves! Friends of the Market get 10% off hand dyed vintage linen napkins.

JoHa Designs - JoHa Designs is back this season and will be bringing her colorful world of paper beads and positive attitude to CFM! Come see JoHa's Rainbow-y Booth for affordable, unique upcycled designs. Friends of the Market enjoy 10% off their JoHa purchase!

Quilibet - Unique jewelry fashioned with artisan made components from the world over. Friends get 10% off your highest price item.

Mikey's Treats - An all-natural dehydrated dog/cat treat made from sustainably wild-caught Nantucket fluke skins! Also fluke wrapped sweet potato, sourced from the Oxen Hill Farm in East Granby/Suffield, CT - your dogs AND cats will LOVE them! Friends take \$1 off of one bag of treats (1 per customer).

CT Home Solutions - Event Sponsor

FOOD TRUCKS THIS WEEK

GMonkey Mobile (guest) - Gmonkey offering a 100% perfect organic and plant-based menu from veggie burgers, chili cheese fries, salads and many gluten-free items including a weekly Organic Farmers plate from our own Shadle Farm in Durham CT. .

Iron & Grain (guest) - Local grass fed sliders featuring Hartford Baking Co. brioche and Guoz Garden micro arugula. Friends of the Market get \$1 off any food item.

Lizzie's Curbside (full-time) - All our sandwiches have Bluebird Hill Farms lettuce this week! Friends of the Market receive a free bag of chips with purchase of a sandwich PLUS a special coupon for \$4 off a shroom sandwich for Father's Day next Sunday!

Mercado (full-time) - Spring Pea & CFM Asparagus Crostini with spring pea pistachio purée, CT Valley Farms grilled asparagus, Liuzzi Buratta, Tiny Acre Farms radish sprouts. Friends of Market receive \$1 off your order.

Munchies (full-time) - Fresh Ground Black Angus Cheddar Cheeseburger with mélange of local mushrooms (Seacoast Mushrooms), fried Spanish onions, dijon mayonnaise * Grilled Chicken BLT Sandwich with wildflower honey glazed bacon (honey from Stonewall Apiary), lettuce, tomatoes, mayonnaise. Friends of the Market take \$2 off a purchase of \$20 or more.

The Whey Station (full-time) - Market special this week is **Breton Farms** pickles, bacon, and wholegrain mustard on a Monger Grilled Cheese! Friends of the Market receive a free addition to any 1 sandwich.

FULL SEASON VENDORS

PRODUCE & PLANTS (FULL-SEASON)

18th Century Purity Farm - The first of our pesticide-free strawberries will be coming this week. Strawberries are at the top of the "dirty dozen" list for pesticide contamination, but ours are grown without any pesticides. We also will be bringing fresh asparagus, rhubarb, baby kale, and lots of potatoes, including fingerlings. \$1 off total purchase for Friends of the Market.

Apis Verdi Farm - Little Gem and Boston lettuces in red and green, carrots, kale, chard, fennel, sweet onions, spinach, salad mix, and scallions. Friends of the Market take 50¢ off a little gem lettuce

Blueberry Hill Organic Farm - USDA organic arugula, vitamin greens, Chinese cabbage, chard, kale, lots of lettuce, radishes, spinach, plants for the garden; basil, chives, ground cherries, peppers, eggplant. Fresh eggs. Friends of the Market special - 2 lettuces/\$9

Bluebird Hill Farm - Asparagus, lettuce, kale. Friends of the Market deal: \$1 off a bunch of asparagus.

Colgan Farm - Bunched carrots, spring garlic, butterhead lettuce, Red Russian, Purple and curly kale, cilantro, arugula, spring salad mix, easter egg radish, mustard greens, sweet salad turnips, bok choy, heirloom tomato seedlings and our own Heirloom marinara sauce! Friends of the Market get \$1 off a purchase of \$10 or more!

CT Valley Farms - The last of asparagus and spring garlic but the start of sugar snap peas will arrive. Greens like Mizuna, mispoona, arugula and a mild purple asian green. Also mild red radishes. Friends of the Market special: \$1 off arugula.

Easy Pickin's Orchard - This week we'll be bringing lettuce, Swiss chard, spinach, and frozen raspberries! This week, Friends of the Market get 10% off your total purchase!

Guoz Garden Microgreens - Organic Microgreens: sunflower, pea shoots, amaranth, arugula, mustard, red russian kale, red cabbage, broccoli, rambo radish, hong vit radish and wheatgrass. Friends of the Market get deals on sunflower, pea shoots, or rambo radish for 2 oz for \$5.

Muddy Feet Flowers - Muddy Feet Flowers will have fresh cut flower bouquets, the first peonies of the year and poppies! Friends of the Market save \$5 off the purchase of two poppy bunches.

Oxen Hill Farm - Our own stored Organic sweet potatoes, tender lettuce and green garlic as well as our farm-made Bruschetta sauce - made from repurposed tomatoes that were too ugly to sell, so we canned 'em last summer. Friends of the Market get \$1 off Bruschetta sauce with any purchase.

Riverview Farm - Mustard Greens, Lots of herb and veggie plants for you while we wait for our crops to finish growing! Basil, cilantro, mint, parsley plants. Tomatoes, various lettuces, cabbage, sweet and hot peppers, and bok choy plants. Friends of the Market get 50¢ off 1st \$5 purchase.

Sean Patrick's Plants -

Woodward Greenhouses - Great to see so many old friends and new faces last Sunday!. It's "Repurposing Sunday" this week! Stop by and see how much fun you can have reusing old treasures as planters. We will have a beautiful assortment of succulents and our handmade succulent planters, herb plants, lavender, and tillandsias too. Friends of the Market receive \$1 off any succulent planter purchased.

MEATS & CHICKEN (FULL-SEASON)

Ekonk Hill Turkey Farm - Pasture-Raised Turkey, Chicken & Lamb. Chicken, Duck & Goose Eggs

New Boston Beef - Grass-fed, No Hormone Added, Antibiotic-Free Beef - New Boston Beef, all grass-fed and grass finished. Available this week; all steaks, brisket, short ribs, kabob meat, ground beef, 1/3 lb patties and dog/soup bones. Friends of the Market special: \$1 off your total purchase of ground beef.

Proctor-Hall Farm - Chops, ribs, butt, picnic, Hot, Sweet, Bratwurst, Chorizo, ground pork and breakfast sausage, Bacon, Ham steak, whole and half chickens, bone in breast. Friends of the Market take \$1 off per lb on chops.

CHEESE (FULL-SEASON)

Cato Corner Farm - It's strawberry season & time for one of our favorite salads of the year: fresh spring greens & sliced market strawberries topped with crumbled Black Ledge Blue cheese. Pick up a slice at Cato Corner Farm and enjoy the rest with a crisp white wine! \$1/lb off Black Ledge Blue cheese for Friends of the Market.

Sweet Pea Farm - Goat cheese and cow's milk - Ten different flavors of chevre, Greek goat yogurt, goat milk, feta Greek cow yogurt, cream-line (not homogenized) cow's milk. Friends of the Market receive \$1 off a cheese purchase.

OUR SPONSORS (FULL-SEASON)

Renewal by Andersen Windows

SunPower

The Hartford Courant - The nation's oldest continuously run newspaper and longtime sponsor of the Market.

SPECIALTY FOODS (FULL-SEASON)

Ariston Specialties - Olive oils & vinegars - Friends of the Market get \$1 off every bottle purchased.

Breton Farms - Pickled products & more - Again this year, Breton Farms will feature their pickled products. Everything from sweet, spicy, dill, garlic pickles to a variety of relishes like onion, beet and horseradish, corn, etc. On hand will also be our fabulous pickled beets, along with a few other pickled products. Our Simply Soy Candles will be at the market with all the classic fragrances, along with spring and summer collections. \$1 off pickle products for Friends of the Market.

Celiac Epicurean - We are a 100% dedicated gluten-free food truck & gluten-free bakery. - Friends of the Market get \$1 off an Epicurean BLT Wrap.

Chet's Italian Ice and Gelato - Italian ice & gelato - We have a lot of berries on our hands so it's only fitting that we create a mixed berry sorbet! Also serving up raspberry lime, simply chocolate (made with premium raw cacao), classic lemon, black raspberry, local strawberry, Caribbean mango, and Sicilian almond (the original - you have to try!) Try a chiller drink in any flavor. Friends get a free scoop with a pint purchase

DiFiore Ravioli Shop - Pasta & sauces

Dragon's Blood Elixir - Hot sauces & condiments - Lemon Ginger Rhubarb this week - you've got to taste this one! Free Paper Lantern seedlings will be available as part of the Stone Soup Hot Sauce Project.

Granny's Pie Factory - Fruit & cream pies - Whole pies & individual slices. We are happy to be back with tart and flaky fresh baked fruit pies, and rich and delicious fresh cream pies. This week we will have Apple, Blueberry, Strawberry Rhubarb, Verry Berry, Blueberry Peach, and Chocolate Cream. We will be giving out free samples of Chocolate Cream, Verry Berry, and Blueberry Peach. Please stop by and try some pie! Friends of the Market receive \$1 off a 10" cream pie, 50¢ off a 6" cream pie.

Hartford Baking Company - Bakery & breads

Hydeville Sugar Shack - Pure CT maple syrup - Life is short, make it sweet with pure CT maple syrup, maple cream, maple candy, maple cotton candy and more! We're celebrating our 10th Anniversary this year! Stop by our booth for cool recipes, because maple syrup can be so much more than just Saturday morning pancakes!

Jon Fish - We'll have a nice selection of ice cold, local oysters, River Hawk, Mystic, Niantic Bay, Quonnie Rocks, Moonrise, maybe more too - served with our delicious seasonal mignonettes. Also clams, shrimp cocktail, fresh cod, stonington sea scallops, fresh swordfish, marinated octopus, calamari salad, spicy smoked salmon spread,

smoked mussels, smoked salmon candy, and maybe steamers. Friends of the Market special - buy 6 oysters or clams and get 2 free!

Keifer's Kettle Korn & Italian Ice - Kettle corn & Italian ice - Fresh Strawberry Lemonade, Strawberry Kettle Korn and Fresh Strawberry Baby Gino's Sorbet! Grab a pint, regularly \$7, at CFM it's \$5. Friends of the Market will get \$1 off their choice of any item we sell!!

Lazizah Bakery - Mediterranean specialties, including varieties of baklava and more.

New England Green Mushrooms - Shiitake mushrooms & mushroom products

NoRA Cupcake - Friends of the Market always get a 10% discount!

Not Only Juice - Cold pressed juices & vegetarian foods, avocado toast

Quiet Corner Fudge - Homemade Fudge - Our Friends of the Market special is a free mini-fudge.

Raw Youiverse - Made to order smoothies - Tropical Bliss Smoothie to get you in the mood for summer time. Check out our Green Fruit Smoothies with Local Greens from the farmers at the market! Friends of the Market receive \$1 off their smoothie purchase.

Savor - Bakery, unique shortbread cookies - A variety of sweet, savory, and spicy cookies with lots of free samples!

Seacoast Mushrooms - Seacoast Mushrooms has an offering of fresh organic mushrooms - Friends of the Market receive \$1 off a purchase of a pound of mushrooms.

Soleil & Suns Bakery - Breads and baked goods

Stonewall Apiary - Local honey & honey products - Wildflower Honey, Creamed Honey, Honey Butter, Beeswax Candles, Beeswax Wood Polish. Friends of the Market take \$1 off any 1-lb or larger jar of honey.

The Nut Guy - Flavored & seasoned nuts - Looking forward to our new year. We are featuring our newest flavor, Chocolate Coconut Almonds. Friends of the Market get \$1 off our Chocolate Coconut Almonds.

Whole Harmony 4 U - Handcrafted teas

ARTISANS & SERVICES (FULL-SEASON)

Blue Moon Woolworks + Turtle Creek - Fiber arts - Some new yarn colors, I'm thinking Reds and Blues this week from Turtle Creek. Friends of the Market take \$2 off a skein of yarn.

Never a Dull Moment - Knife sharpening - Bill's cancer is in remission and we're planning on a full market season of giving your dull knives and tools some tender care! We'll sharpen a 6" or shorter knife for free with one at our regular price for Friends of the Market!