

September 8

Coventry Farmers' Market

GUEST VENDORS THIS WEEK

VSoulful Eatery - We are bringing vegan comfort soul food in the form of our delicious baked vegan mac, vegan mac burger and vegan strawberry cheez cake! Bring an open mind and your appetite, because "We look forward to feeding you!" All Friends of the Market receive one free topping of choice when they purchase a large bowl of vegan mac.

Colchester Curry House - We will be doing a cooking demo and sampling in the barn so come by and learn how to use our authentic Indian Spice Blends to help you make real, delicious and healthy Indian food in the comfort of your own kitchen. Our spice blends can be used on a variety of proteins and vegetables and our website provides a bunch of recipes to get your imagination flowing! \$1 off 3 Pack of Spices for Friends of the Market.

Mama's Macs - Mama's Macs will be bringing vegan macarons for the second time! Also look out for new fall flavors such as pumpkin spice and maple praline! As usual all of our french macarons are made without gluten! One free macaron with every dozen purchased for Friends of the Market.

Meadow Point Studios - We will be featuring tree and leaf mugs, bowls, covered jars, French butter keepers, garlic grater plates, soap dispensers, decorative nature-themed tiles, charms and more! Two free charms for Friends of the Market.

Mikey's Treats - Mikey's Treats are an all-natural dehydrated dog/cat treat made from sustainably wild-caught Nantucket fluke skins! Also new this year are fluke wrapped organic sweet potatoes, sourced from another CFM vendor, Oxen Hill Farm. Your dogs AND cats will LOVE them! \$1 off of one bag of treats, (1 per customer) for Friends of the Market.

Fiber & Mud ~ Flatland Alpacas - Indigo dyed shibori kitchen linens, scarves, kid swag and alpaca felt insoles. 10% off textiles for Friends of the Market.

Super Soups - We're all about GF & Vegetarian soups, party & dessert dips, salsa & slush mixes. Receive \$2 off any purchase over \$25 if you're a Friend of the Market.

Marilyn Mae Farm Candles - We are so glad to be back! We will have an abundance of fall themed candles along with our year round best sellers. Keep an eye out for some new releases coming up. Will even have a few of the famous "Mae's Christmas Wish" candles for those who are itching for the Holidays! 25% off with yellow Friends of the Market bag!

Heart Stone Gallery - Heart Stone Gallery features wheel thrown pottery that is individually hand carved with designs inspired by nature. They also have a line of ceramic jewelry and block prints! \$3 off any 1 regular priced item for Friends of the Market.

Cortney's Dips & Sauces - Our one of a kind Savory (or Sweet!) Cottage Cheese Dips are made exclusively with a cottage cheese base making them high in protein, low in sugar and a great option for mindful snackers. You will never guess it's cottage cheese because of our secret blending process that makes these dip smooth and delicious. Come join the cottage cheese revolution with us and become a Modern Dipper! We will also be selling our ranch seasoning packets and taco seasoning packets. All are GLUTEN FREE, VEGETARIAN & kid approved! Free Seasoning Packet with the purchase of 2 dips for Friends of the Market.

Knit Knit Hooray - Luxury knit & crochet accessories 100% handcrafted in Branford, Connecticut. 10% entire purchase if you're a Friend of the Market.

Blessed Creek - Blessed Creek will be bringing unique people and earth-friendly Soaps, herbal salves, scrubs, sprays, and body powders. This weekend I am introducing the new Children's line of powder, wash, soak and oil. It's too cute and safe to pass up. All items I sell are gluten-free, and except for a little beeswax from a local beekeeper, most items are vegan. Aluminum and Gluten Free body powder are \$1 off for Friends of the Market.

Vic's Guac Shop - Vic's Guac Shop offers farm fresh guacamole made with organic ingredients and Vegan Chocolate Avocado Pudding. All our products are Vegan & Gluten free! Free bag of our own chips with any purchase of guacamole!

FarmTrue - We will have all of ghee flavors perfect for anyone looking for anyone who has digestive issues. Did you know.... Ghee has been used for thousands of years as a digestive aid in cooking due to its high butyric acid levels, which nourishes the cells of the digestive tract and helps you break down difficult to digest foods...such as gluten, cruciferous veggies, and grains. Cook anything you can in ghee and notice an ease of digestion, less bloating, less reflux and a wonderful feeling of satiety. Oh, and the taste is amazing because all of our grass-fed ghees are certified gluten free, organic, non-gmo and certified humane from US Dairy farms. That makes a big difference! This week we will be giving out free samples of our Digestive Tea to anyone that makes a purchase and has their Friends of the Market bag.

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!

Woodland Gardens - Hello September! Welcome the new season with our colorful mums and everything else you need to decorate for Autumn! Show your Friends of the Market bag, buy two Mums get one Aster or Kale free!

Maharaja Indian Cuisine - Indian food including Chicken Tikka Masala, Mattar Paneer, and Veg. Samosa. Also we will have bottles of mango juice & water. Food prepared with local ingredients like kale, cilantro, and scallions, garlic from Apis Verdi Farm. Free bottled water with purchase for Friends of the Market.

Home Prep Products - We are naturally Vegan! This week we will be highlighting our Protection Spray, a wonderful blend of therapeutic essential oils combined with witch hazel and grapefruit seed extract to deliver powerful germ blasting! Two ounce travel size free with \$25 purchase. If you're a Friend of the Market, take 10% off your entire purchase.

Huck & Co. - Extra special this Sunday, we will be offering our handmade malas that we brought with us to Vietnam and Laos last month. These pieces received special blessings from local monks and extraordinary energy from over 50 temples, where they were laid-out. So, along with our usual beautiful handmade bracelets, we are also offering 5 of these spiritually "charged" malas. Stop by to see and learn more about them and our other works. Free Huck & Co. coffee mug with your purchase of two or more items if you're a Friend of the Market.

Mermaids & Milkweed - Mermaids & Milkweed is handmade organic baby and toddler clothing and accessories. My summer sale will continue with 15% off all in stock shorts, skirts and rompers. I am happy to offer 10% off your total purchase for all Friends of the Market.

Jobs Hill Provision Co. - It's all about tomatoes and peppers this weekend here at the JHP. Marinara, Fra Diavolo, Muddled Tomatoes, Salsas and our Green Monstah hot sauce round out of lineup of vegan and vegetarian friendly products. We'll also have hot pepper jelly and a pineapple scotch bonnet jam for those of you looking for some heat. Friends of the Market get 50¢ off any of our pickles.

Puckett's Pantry - Puckett's Pantry makes ready to eat desserts in returnable glass jars that are vegan or vegetarian, grain free (great for the gluten sensitive), soy free, sugar free, and keto-friendly! This week we will have pumpkin cheesecake, lemon berry cheesecake, salted caramel cheesecake, chocolate mousse and chile chocolate mousse. Buy 10 jars and get a sturdy canvas tote to carry you goodies home (while supplies last!) \$1 off any purchase for Friends of the Market.

Live On Calmbucha - Live On Calm-bucha will have your favorite seasonal booch flavors: Arava Melon, Hibiscus Ginger, Coconut In The Lime, and Wildflower! Friends of the Market get \$2 off a 6-pack or 3 bottles for \$15!

Staehtly Farm Winery - Pour a glass for gluten free! Staehtly Farm Winery brings a sampling of gluten free and vegan friendly wines to the market field as well as bottles of wine and cider for sale. Find them under their CT Grown tent because all of their wines and ciders are not only gluten free, vegan friendly, but are also 100% grown and produced on the farm in East Haddam. This week's sampling: Raspberry Apple Wine and whatever

other seasonal flavor Kevin decides! 10% off bottle purchases, 3 for \$50 any three wines for Friends of the Market.

Joy Newton Designs - Hello September! Honoring agriculture through design, we'll be at the market with our colorful farm inspired linen tea towels and napkins in tow! Our toxic free textiles are the perfect workhorse addition to any kitchen, holiday baking fun and cooking goodness! Plus, our heavyweight linen lasts a lifetime of use + love. \$1 off our linen bundles for Friends of the Market.

Pan de Oro - Our regular line up of tortilla chips with many Vegan options. Buy 6 bags and get one free!

Amazing Ackee - The most delicious vegan Jamaican patties you'll ever eat! Friends of the Market deal: \$2 off when you buy 2 or more patties.

Basic Bars Soap - It's Vegan Day and Basic Bars Soap is a 100% Vegan company!!! At this week's market you will find an assortment for soaps, soap nut laundry kits, essential oils and room sprays. ALL will be Vegan, Eco friendly and over 98% of what we sell is organic or primarily made with organic ingredients!!! Stop by and Check out our new and fall scents! \$2 off any essential oil and \$1 off any room spray for Friends of the Market.

Sassy Birch - Sassy Birch is bringing their vegan jerky back with 4 flavors, bbq, chili-lime, cracked black pepper and maple! Come try a bite! \$1 off any one bag for Friends of the Market.

FOOD TRUCKS THIS WEEK

NoRA Cupcake (full-time) - Attention all you Fall Lovers - Pumpkin Spice Latte Gluten-Free cupcakes this week along with the highly requested vegan/gluten-free friendly Carrot cupcakes! We will also have a Gluten-Free Honey Bee cupcake featuring apple cider and **Stonewall Apiary** Honey (Hanover, CT and CFM vendor).

Christie Caters - Farm to Truck - This Sunday we will be offering a 100% gluten free menu with vegan options including cauliflower 2 ways: Franki bites which are our buffalo cauliflower with vegan Caesar and our Lotus Bowl - a crispy hoisin orange cauliflower not to be missed. Free Iced Tea for friends of the market with any purchase from our truck!

The Celiac Epicurean (full-time) - We're all gluten-free! Epicurean Falafel Wrap - Homemade falafel deep fried with shredded lettuce, vine ripe tomatoes, finely sliced cucumber (Littel Acres Farm Glastonbury) in a wrap drizzled with a fresh Greek yogurt and herb dressing. \$1.00 any vegan dessert for Friends of the Market.

Gypsy Joe Coffee Truck (full-time) - Gypsy Joe Coffee your local coffee roaster from Stafford Springs with a mobile café. Friends of the Market take 25¢ off a coffee and other drinks and \$1 off a bag of freshly roasted coffee beans.

Lizzie's Curbside (full-time) - Tomato eggplant jam made with **Bluebird Hill Farm** produce on AWESOME gluten-free oatmeal bread. We will also have GF Bloody Marys!! Vegan Corn Chowder sample for Friends of the Market!

Mercado (full-time) - Mercado is a Span-ISH inspired tapas truck offering small plates based on local market and seasonal produce availability. Come visit us every Sunday as we feature a dish exclusive to, and full of items you can purchase at the market. This week our special is: Span-ish Wedge Salad - baby romaine (Tiny Acre Farms, Woodstock), heirloom tomato & grilled corn pico (CFM's **CT Valley Farms**), queso fresco, pickled onions, cilantro lime vinaigrette. Friends of Market receive \$1 off your order.

Munchies (full-time) - Vegetarian - Fried Eggplant Stuffed Pita Wrap with chilled heirloom tomato ragout, arugula & red onions made with CFM's **Colgan Farm**'s eggplant & arugula. Friends of the Market receive \$2 off purchases of \$15 or more.

The Whey Station (full-time) - Our special this week will be our monger mix with eggplant caponata, made with local eggplant, and mozzarella sticks on our grilled cheese! Friends of the Market can get one additional option on any of our sandwiches for no charge!

FULL SEASON VENDORS

PRODUCE & PLANTS (FULL-SEASON)

18th Century Purity Farm - All of our products are suitable for those with a vegan/vegetarian diet, and everyone else as well. I am not sure if the next planting of sweet corn will be ready for Sunday, but you can find plenty of blueberries and peaches (both white and yellow), pears, and apples, including several heirloom varieties. Vegetables this week are broccoli, carrots, green, yellow, and purple beans, summer squash, zucchini, cucumbers (both slicers and picklers), garlic, onions, and Bluegold and fingerling potatoes. \$1 off total purchase for Friends of the Market.

Apis Verdi Farm - Tomatoes are still coming in as sweet and colorful as ever! We also have onions, peppers, beets, scallions, garlic, cucumbers, and summer squash. Don't forget to grab a head of lettuce (romaine, Boston, green crisp), some fresh cut arugula, or a bunch of kale (curly and dinosaur), or chard. Friends of the Market take \$1 off a purchase of \$10 or more.

Blueberry Hill Organic Farm - USDA organic arugula, beans, carrots, cucumbers, swiss chard, delicata squash, ground cherries, lettuce, kale, sweet green/orange muskmelons, hot and sweet peppers, gold & red potatoes, scallions, red onions, rutabagas, sugar pumpkins, summer squash, cherry and heirloom tomatoes, watermelons. microgreens; arugula, broccoli, purple radish, salad mix. garlic; spicy red chesnock and white music, chicken eggs. Friends of the Market special - 2 Microgreens for \$6.

Bluebird Hill Farm - Fall is just around the corner while plenty of summer favorites still hang around. We,Äöll have sweet corn, tomatoes, green peppers, red and yellow peppers, jalapenos, hot cherry peppers, banana peppers, eggplant, kale, cabbage. We will also have honeycrisp apples, gala apples, and ginger gold apples. Friends of the Market deal: \$1 off your purchase.

Colgan Farm - Everything we have is vegan, vegetarian AND gluten free! Heirloom tomatoes, cherry tomatoes, husk cherries, kale, swiss chard, candy stripe beets, acorn squash, sweet and hot peppers, leeks, onions and MORE! Friends of the Market get \$1 off a purchase of \$10 or more!

CT Valley Farms - Peppers like shishitos, Jimmy's and Sweet Carmen. Greens such as two varieties of kale, perpetual spinach, malabar and collards. Herbs like thai basil, Italian and Shisho. Yummy ground cherries. Friends of the Market special: free shisho herb with \$10 purchase!

Easy Pickin's Orchard - We make vegan easy! From salads to stir fries to the base of a beautiful dessert, come visit us for arugula, beets, cabbage, cucumbers, eggplant, sweet and hot peppers, kale, broccoli, string beans, Swiss Chard, tomatillos, and tomatoes! Fruit this week will be raspberries and apples! We can't wait to see you! Friends of the Market get \$1 off your total purchase of \$10 or more.

Guoz Garden Microgreens - Friends of the Market deal: Mustard microgreens \$5/2oz.

Muddy Feet Flowers - It's dahlia season at Muddy Feet Flower Farm! We will be featuring the queens of the fall garden, as well as mixed bouquets in various sizes. Remember, flowers are food for the soul! Friends of the Market receive \$4/off 2 Dahlia bunches when you show your bag!

Oxen Hill Farm - We will bring USDA Organic edamame, tomatoes and peppers of all kinds, eggplants galore, all kinds of summer squash and zucchini (fill your freezer with gluten-free zoodles!), sweet potatoes and more! Friends of the Market receive \$1 off all purchases over \$5.

Riverview Farm - Field Grown Tomatoes, Cherry Tomatoes, Eggplant, Peppers, Hot Peppers, Green Beans, Cucumbers, Cabbage, Summer Squash, Kale, Collards, Flowers. Friends of the Market 50¢ off of 1st \$5 purchase.

Sean Patrick's Plants - We will have lots of beautiful flowering perennials as well as hibiscus and hydrangea - everyone's favorites!

Woodward Greenhouses - Summer may be winding down, but the succulents are still sporting their best summer colors, bright and beautiful! Stop by and check out the new varieties and old favorites we'll have this week. Lots of our unique handmade planters and colorful "Jellyfish" too. There will be a table full of herb plants for your late summer cooking. Friends of the Market get \$1 off our "3 for" deal on mini succulents, and/or, \$1 off any of our handmade succulent planter. See you at THE Market!!

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 will have all steaks available along with brisket, short ribs, kabobs, ground beef and sweet or hot Italian sausage. Friends of the Market special: \$1 total cost of ground beef.

Proctor-Hall Farm - We will have our pasture raised with non-gmo grain fed pork, including bone in chops, both spare and country ribs, Boston Butt, Picnic shoulder, and belly. For our sizzlin' sausage we will bring both hot & sweet Italian, breakfast sausage, bratwurst, and our famous Chorizo. From the smokehouse we will have our Nitrite free bacon as well as our classic style, as well as our addicting hot dogs. Be sure to leave room in your bag for our savory whole and split chickens as well as those tender bone-in breasts and of course our wholesome eggs, all from pasture raised broilers and hens. Friends of the Market special: \$1 off per lb chops.

CHEESE (FULL-SEASON)

Cato Corner Farm - Cow milk cheese

Sweet Pea Farm - Goat cheese and cow 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.

Buttercup Farm - Fresh raw cow milk from our small raw milk dairy farm located in Lisbon, CT. Farm Fresh unprocessed raw milk in glass bottles & farmstead fresh churned Butter. Friends of the Market special is \$1 off milk.

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 - For Folks that are looking for Gluten Free Foods - All Ariston products, including the extra virgin olive oils, balsamic vinegars and glazes, and the new CBD olive oil, are all GLUTEN-FREE. The "gluten-free" identification was added as new labels were reprinted starting last year. As new labels are printed going forward, these labels will have the gluten-free identification. Be sure to sample your favorite flavors at the CFM this Sunday! As always, FRIENDS OF THE MARKET get \$1 off each bottle purchased.

Breton Farms - We will feature our pickled products everything from sweet, spicy, dill, garlic pickles to a variety of relishes. On hand will be our fabulous pickled beets, along with a few other pickled products, including pickled green tomatoes! Our Simply Soy Candles will be at the market with all the classic fragrances. \$1 off pickle products for Friends of the Market.

Chet's Italian Ice and Gelato - We have a great Vegan & GF line up. First is Vegan Chocolate (made with premium raw cacao). Next is our blueberry-coconut plant based frozen dessert (it tastes and feels exactly like eating ice cream but there's not an ounce of milk or cream in it). Also serving up Juicy Watermelon, Classic Lemon, and Native Strawberry. Italian sodas & pints to go. Enjoy a free cup with a pint purchase if you're a Friend of the Market.

DiFiore Ravioli Shop - Pasta & sauces

Dragon's Blood Elixir - Hot sauces & condiments - I'll have the new version of Cobblestone Farm Golden Gazpacho featuring farm grown tomatoes and yellow finn zucchini with farmers market onions, garlic, cucumbers and peaches. Friends of the Market get a buck off your purchase.

Granny's Pie Factory - Fruit & cream pies - Granny's offers a selection of fresh baked fruit and cream pies, as well as individual slices. This week's menu includes Apple, Blueberry, Strawberry Rhubarb, Blueberry Peach, Chocolate Cream and....PUMPKIN! That's right, pumpkin is back. Supplies will be limited so come early! Friends of the Market deal - Buy a 10" cream pie and get \$1.00 off any slice.

Hartford Baking Company - Bakery & breads - Friends of the Market get \$1 off any loaf.

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!

Just Donuts - We will have our made from scratch fresh amazing apple cider donuts and will also have fresh iced coffee. Come and see us and taste the difference of made from scratch donuts. Friends of the Market get a free donut for every dozen purchased.

Keifer's Kettle Korn & Italian Ice - Keifer's will be featuring our Vegan Cheddar Korn! This stuff is so delicious, you will never know there is absolutely no dairy in it!! We are also making our non dairy vanilla bean stuffed cannolis! A delicious frozen treat! as always ALL Keifer's Korn's are Vegan so munch away!! Friends will get a FREE scoop of any of our delicious italian ice, made right in Voluntown!

Lazizah Bakery - Baklava, hummus, babaghannuj, spinach pies, spinach puffs, tabbouleh salad, mujadrah. Friends of the Market get \$1 off a purchase of \$25 or more.

New England Green Mushrooms - Shiitake mushrooms & mushroom products

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

Quiet Corner Fudge - Homemade Fudge - This week, Quiet Corner Fudge will celebrate the dog days of summer with our perennial summer favorite Orange Creamsicle fudge. Holy cow! Doesn't that sound good on a hot summer day? As an added bonus, canine friends will receive a free doggie treat. Quiet Corner Fudge will be giving a free mini fudge to our wonderful Friends of the Market. Thanks for supporting our market!

Raw Youiverse - Made to order smoothies - This is our week! Everything on our menu is vegan and gluten free so if that's your thing, we're your vendor this week and every week! Fruit and green smoothies are our thing. From The Classic Strawberry Banana to our specialty of the Fully Loaded, come taste the goodness. 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 - Certified organic fresh mushrooms - \$1 off a lb of mushrooms for Friends of the Market! Seacoast Mushrooms will have the following vegan options for Sunday's market including King Trumpets (great skewered in the grill), Maitake (aka hen of the woods), Blue Oysters (great in vegetarian tacos), Golden Oysters (great on salads), Shiitake (nice on the grill or sauteed) and possibly some 'chicken of the woods' as well. These mushrooms are great for vegans or simply as alternatives/additions for those of you who are looking to change your diets.

Soleil & Suns Bakery - Breads and baked goods - We will be bringing all of our vegan breads, also vegan whoopie pies, vegan muffins, vegan scones, and vegan cupcakes! Free cookie, or a dollar off any bread for Friends of the Market!

Stonewall Apiary - Local honey & honey products - This week we'll have two different kinds of Wildflower Honey, plus plenty of Honey Butter and a variety of beeswax products. Honey is naturally gluten free, so stop by to try a sample! Friends of the Market can take \$1.00 off Honey Butter.

The Nut Guy - Flavored & seasoned nuts - The Nut Guy offers 12 flavors that are gluten free, 10 that are vegan, and a trail mix with M & M's. Friends of the Market get \$1 off any one cone of nuts.

Whole Harmony 4 U - Handcrafted teas - Allow us to introduce our Plant Based Herbal Elixirs | Tonics | Botanical Teas. Lavender Butterfly Pea Shoot Lemonade | Folk Fyre Blood | Goddess Tea!! Sip & Shop!! Friends of the Market get a free tea ball with any purchase of tea.

ARTISANS & SERVICES (FULL-SEASON)

Blue Moon Woolworks + Turtle Creek - Fiber arts - Heirlooms in the making. Discover the pride of making something yourself and the luxury of making it with quality products. Locally raised wool, processed at a local mini-mill by perfectionists, hand dyed back at the farm. your family will treasure these keepsakes. Need ideas, help with a pattern or inspiration? Come to our booth for help with any of the above, Fran is the 'color queen' and Regina can fix any knitting mistake (she's made them all already and hates to frog (ripit,ripit). Felters, weavers and wannabe spinners also welcome. Crocheters welcome too but I can't help with those patterns or mistakes. Still plenty of time to start and finish a project for cooler weather! \$2 off a skein of yarn with a Friends of the Market yellow tote!