



Newsletter Edition: 01-28-2012

100 West Main Street, Clayton, N.C.
Corner of W. Main and O'Neil St.
Location: Town Square

Opening Day: April 14, 2012, 9 am - 2 pm

Website: www.Clayton-Farmers-Market.org

Ever Wonder?

Does a blood spot mean an egg is contaminated?

No... Humans cannot see bacteria with the naked eye. Blood or meat spots are occasionally found on an egg yolk and are merely an error on the part of the hen. They're caused by the rupture of a blood vessel on the yolk surface when it's being formed or by a similar accident in the wall of the oviduct. Most eggs with blood spots are detected by commercial electronic spotters and never reach the grocery store shelves. However, it is impossible for farmers to detect this before bringing the eggs to market. Both chemically and nutritionally, eggs with blood spots are fit to eat. You can remove the spot with the tip of a knife, if you wish.



Do you have "Talent"?

The market is looking for individual musicians/bands that would like to get their name out to the public by playing during the market. You can sell your recordings or use a tip jar. Please let us know if you are interested. A tent can be provided.



Market is looking for "Artists"!



Do you face paint, draw, paint, carve, etc? Would you like to demonstrate your skills? The market has openings once a month for these types of Artists. If you are interested, please contact us at info@Clayton-Farmers-Market.org and tell us about yourself.

Accepting New Vendor Applications for 2012 -Apply Today!



Interested in becoming a vendor at Clayton Farm and Community Market?
The application for the 2012 season is open! Forms can be found online at [Vendor Application](#). Please view the CFCM Guidelines for information about becoming a vendor.
Please complete the application and mail to Clayton Farm and Community Market, PO Box 1452, Clayton, NC 27528 or scan and email the form to: info@Clayton-Farmers-Market.org .
Applications will be accepted through March 9, 2012.

Recipe:

Balsamic Root Vegetables

Ingredients

- 1 1/2 pounds sweet potatoes
- 1 pound parsnips
- 1 pound carrots
- 2 large red onions, coarsely chopped
- 3/4 cup sweetened dried cranberries
- 1 tablespoon light brown sugar
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/3 cup chopped fresh flat-leaf parsley

Preparation

1. Peel first 3 ingredients, and cut into 1 1/2-inch pieces. Combine parsnips, carrots, onions, and cranberries in a lightly greased 6-qt. slow cooker; layer sweet potatoes over top.
2. Whisk together sugar and next 4 ingredients in a small bowl; pour over vegetable mixture. (Do not stir.)
3. Cover and cook on HIGH 4 to 5 hours or until vegetables are tender. Toss with parsley just before serving.