

CATAWBA VALLEY FARMERS MARKET

"The friendliest farmers market in the Roanoke Valley" - 4965 Catawba Creek Rd., Catawba VA 24070

What's at the Catawba market this week

Vegetables and fruits:

GARLIC—Also tomatoes, hot peppers, onions, cabbage, cucumbers, summer squash — yellow and zucchini — potatoes, onions, beets.

Homemade bread and yummy things

Zucchini bread, homemade honey oatmeal bread, cream cheese poundcake; blueberry squares, soft pretzels, chocolate chip-peanut butter cookies, ginger cookies, and more.

Grassfed beef, pork, eggs & other homemade and homegrown items:

Grassfed beef, country ham and bacon; eggs, honey, homemade granola, Catawba Ruritan apple butter; laundry soap, fabric softener and cut flowers for your table.

Crafts this week:

Alice Ricucci's quilts and quilted gifts and kitchen helpers, Ann Harrell's country photography.

DOUBLE YOUR \$\$\$\$\$

SNAP/EBT users can get twice as many dollars for fresh fruits and vegetables or plants to grow edibles. See the Market Manager to get your tokens. Out of change? DEBIT CARDS accepted.

LIVE music this Thursday

- David Bowen of Acoustic Reset will entertain on guitar with familiar tunes of the 1960s and folk-rock.
- Coming up July 21—Marya Katz on hammered dulcimer. Do you or your group want to entertain at the market? We pay in "Market Bucks" to spend with our vendors. Contact Meg at mhibbertdawgs@comcast.net or 540-375-8616



VT Roanoke Center Director Kay Dunkley buys from Hillside Plants & Produce's Laura Bower.



Thanks, Josh. Catawba Sustainability Center Director Josh Nease—who oversaw the Catawba market—and his wife, Beth, receive a basket of Catawba market products as a going away present. After 4 years Josh is moving on to be director of Radford University's Selu Center and Sustainability Program.



Appalachian Trail thru-hiker "Mountaineer from Montana" came to the market June 30 to buy food after finding The Homeplace Restaurant closed for Fourth of July. "For 700 miles I'd been looking forward to eating there," the northbound hiker said.