



Kids and Vegetables

Who doesn't want their child to grow up eating an appropriate amount of fruits and vegetables? A great way to introduce them to this life sustaining habit is to bring them shopping with you at the Sandhill Farmers Market. There they can experience the products first hand and perhaps help choose new fruits and vegetables to try. *Summer Tomato*, a lifestyle publication, listed their top 11 ways to get kids to eat more vegetables. This article highlights the list but you will need to [click here to read their detailed explanation for each tactic](#).



August Schedule

Keith Tracy	4
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1. Set an example
2. Make food fun
3. Get them involved
4. Enforce the "one bite rule"
5. Don't force them to finish
6. Reward good behavior
7. Understand their values
8. Offer diverse food colors
9. Arrange food in patterns on the plate
10. Use butter, garlic and bacon
11. Keep at it



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The Season is Half Over

The August 11th market is our 15th market of our 30 week season. Although it has been extremely hot at times, this is the best weather for the start of a season we have had in years. While the heat has kept some vendors away due to the impact on their products, our faithful patrons have been most impressive with their continued support.

Our market is more than just a place to shop, it's a social scene and gathering spot for the community. That has been missing of late and we look forward to the cooler weather, says lower 90's, and the return of that tradition.

As we prepare for the second half of the season we are well into planning for our annual Farm Day featuring an equipment display, live animals and hayrides. The end of October welcomes out costume contest and who knows what else may lie ahead. See you Tuesday. Thank you.



Market Flash

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More National Peach Month Facts



1. Peaches are grown commercially in 28 states. The top four peach-producing states are California, South Carolina, Georgia and New Jersey. California produces both fresh and processed peaches, whereas South Carolina and Georgia produce mainly fresh peaches.
2. The two basic types of peaches are clingstone and freestone. In clingstone peaches, the flesh "clings" to the "stone" of the peach, making it difficult to separate.
3. According to the National Agricultural Statistics Service, in 2010, roughly 80 percent of processed peaches were canned and 16 percent were frozen.
4. Fresh market peaches are available from May through September.
5. The peach is a member of the rose family, and there are over 700 varieties of the fruit.
6. A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.

Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support. You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

August 4th Market Photos



The Sandhill Farmers Market... where fun, food, and community come together.

Gardening Tips

Seed Saving

The planning stages for vegetable seed saving should start in the spring. Since this may be an after thought, ask yourself these questions before saving seed from your garden this year.

1. Is this variety a hybrid?

It is not recommended to save seed from hybrid (F1) varieties because they will not produce plants like themselves. Seeds produced by hybrid plants will have various characteristics representative of its parentage. This inconsistency is not desirable for saving seed.

2. Is the crop an heirloom or open-pollinated variety? If yes, is it self-pollinated or cross-pollinated?

Open pollinated varieties are more likely to produce plants like themselves making it safe to save seeds from these types of crops. Open pollinated crops are categorized as self-pollinated or cross-pollinated. Beans, lettuce, peas, and tomatoes are self-pollinated. Self-pollination occurs when pollen transfer occurs within the same flower or plant. Self-pollinated crops can be grown near one another without fear of unintentional hybridization.

Cucumbers, melons, squash, and corn are cross-pollinated. For cross-pollination to occur pollen is moved from flower to flower by insects or wind. It is important to know the difference so that different varieties of cross-pollinated crops are not planted too close to one another. This will prevent unintentional crosses from occurring in that seed lot. If the crops you are growing cross-pollinate then it is best to plant just one variety of these to prevent hybridization. To confuse the issue even further, not all, but some species of cucurbits can cross with each other. For example, 'Jack O' Lantern' pumpkins can cross with zucchini, squash, and 'Acorn' squash. However, they will not cross with 'Hubbard' squash or 'Big Max' Pumpkin. So if you have multiple species of cucurbits in the garden do your research to insure that cross-pollination cannot occur between those species before saving the seed.....



[Read the entire article by clicking here.](#)



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Rosy Peach Chutney

- ◇ 15 tomatoes, peeled and chopped
- ◇ 5 fresh South Carolina peaches - peeled, pitted and chopped
- ◇ 5 red apples - peeled, cored and diced
- ◇ 4 medium onions, diced
- ◇ 4 stalks celery, diced
- ◇ 1 1/2 cups distilled white vinegar
- ◇ 1 tablespoon salt
- ◇ 1 cup pickling spice, wrapped in cheesecloth

Combine the tomatoes, peaches, apples, onions, celery, vinegar, salt and pickling spice in a large stockpot. Bring to a boil, then reduce heat to low, and simmer for about 2 hours, or until thickened. Transfer to sterile jars and store in the refrigerator, or freeze in plastic containers.



[Courtesy of the SC Peach Council](#)

See how many of these ingredients you can find at the Sandhill Farmers Market!

Our Market Supporters: [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),

Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<i><u>Asya's Organic Farms</u></i>
Isom's Delights
<i><u>The Peanut Man</u></i>
<i><u>The Crescent Olive</u></i>
<i><u>Mercer House Estate Winery</u></i>
Junior Chefs
AAA Greenthumb
Martin Farms Produce
<i><u>Erbe</u></i>
Paparazzi Jewelry
<i><u>The Belgian Waffle Truck</u></i>
Bee My Honey
<i><u>Chill Out Pops</u></i>
Lexington Shades of Green
Penny's Quilts and Gifts
<i><u>Lane Specialty Gardens</u></i>
<i><u>Sunny Cedars Farm</u></i>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<i><u>January Remington</u></i>

Name
<i><u>Southern Sky Yoga</u></i>
<i><u>Leesville Aquaponics</u></i>
<i><u>Trail Ridge Farm and Dairy</u></i>
Ms. Zessie's Specialties
<i><u>Jamberry Nails</u></i>
<i><u>Palmetto Polar Snow</u></i>
<i><u>Doswell Farm</u></i>
<i><u>Chi Design</u></i>
<i><u>Livingston Farms</u></i>
Ashley's
<i><u>Old McCaskill's Farm</u></i>
The Bird Man
<i><u>Nanna's Naturals</u></i>
Conyer's Farms of Kingstree
<i><u>Company of OHS</u></i>
<i><u>The Shrimp Guy</u></i>
<i><u>Boutique Poulet</u></i>
Bradham Farms
Judith's Hands
Lem's Farm Shop
Cakes and More by Angela



<i><u>Congaree Milling</u></i>	<i><u>McCurley Farms</u></i>
3G's	<i><u>Penny's Naturals</u></i>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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