



Top 10 Reasons to Shop at a Farmers Market

10. Farmers' markets are easy to find. Use the [USDA Farmers Markets Search](#) to find one near you, after you visit us of course.
9. SNAP and WIC cards are accepted by several of our vendors.
8. You can try a new fruit or vegetable.
7. Farmers often have good recommendations on ways to prepare their products.
6. Buy foods and see how they fit with [ChooseMyPlate](#). Create a healthy plate with goodies from your local farmers market. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.
5. Farmers markets can be important anchors for vibrant communities.
4. Get to know your local farmers; learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods.
3. It's a great way to get your kids interested in healthy foods.
2. Fresh fruit and vegetables are full of antioxidants and phytonutrients. *What are these? Why do we need them? More information at [What's in Food](#).*
1. Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood.

Portions of this article courtesy of the [USDA](#)

June Schedule

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Flag Day: Wear your Red, White and Blue	16
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Featured Vendor-Midlands Organic Mobile Market

Give a man a fish and he will eat for a day. Teach a man to fish and ... we all know the rest of that axiom. Midlands Organic Mobile Market is part of SCF-Organic Farms, located in Sumter, SC. Their mission is greater than providing farm-fresh, organically grown produce; they also exist to teach others the often forgotten lessons of farming. The family of founder, the late Azeez Mustafa, head a Cooperative of farmers and subscribe to the following statement. "The mission of the SCF-Organic Farms is to empower the communities and small socially disadvantaged farmers through educating them on various levels of heritage farming without chemicals." In addition to the home farm in Sumter, other members are located in Manning and Gable, SC. Please take a moment to visit this organic alternative and all of the other fine vendors at the Sandhill Farmers Market.



Market Flash

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Scotts Turf Builder Concerns

Some homeowners in SC have reported they experienced damage to their lawns from using **Scotts Turf Builder Bonus S Southern Weed and Feed** or **Scotts Snap Weed and Feed**. They are standing behind their product. If you've used these products and are experiencing turf damage visit their web site for assistance: <http://www.scotts.com/smg/goART2/contentArticle/a-note-about-bonus-s/39000007>


Scotts
Turf Builder



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](#)

Market Photos - June 2nd



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

Gardening Tip of the Week

Moss & Algae Control in Lawns

Mosses are nonparasitic, primitive green plants that have fine, branched, threadlike stems with tiny leaves. They reproduce by means of wind-blown spores. Mosses typically form a thick, green mat on the soil surface. They produce their own food and do not kill grass plants but rather fill in the spaces in the lawn where grass is not growing.

If mosses are present in your lawn, it indicates that conditions are not favorable for the growth of a healthy stand of grass but are favorable for the growth of mosses. The conditions that favor mosses over grass include: excessive shade, acidic soil, poor drainage, compacted soil, excessive irrigation, low soil fertility or some combination of these conditions.

While mosses can be removed mechanically or killed chemically, unless the underlying conditions are altered culturally to favor grass production, any solution that is attempted will be temporary. The conditions that are commonly associated with moss growth and their cultural controls are described below.



Algae are unicellular or multicellular, dense coating or scum over the soil surface. This scum can form a tough black crust on the soil when it becomes dry, and will act as a barrier to water movement into the soil. Algal scum can be found on soils that are waterlogged and compacted, especially during sunny, warm and humid conditions.

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Cultural Control

Dense Shade: In general, mosses can tolerate more shade than grasses can. If the mosses present in your yard are limited to shady areas, your options include: Planting a more shade-tolerant grass (keeping in mind that an area receiving less than four hours of full sunlight per day is too shady for grasses)..... [Read the entire article from Clemson HGIC by clicking here.](#)



BBQ Spare Ribs with SC Peaches

3 lbs. country spareribs

1/2 teaspoon black pepper

1 teaspoon salt

3 cups South Carolina Peaches – peeled and sliced

Preheat oven to 375 degrees. In shallow roast pan, place ribs and sprinkle with 1 teaspoon salt. Mash or blend 1 cup of the peaches into a puree. Place the remaining 2 cups peaches into a separate bowl and sprinkle with brown sugar. In saucepan, combine mashed peach, ketchup, Worcestershire sauce, onion, flour, mustard, cloves, salt, and pepper. Heat to boiling and pour over ribs. Bake about 1 1/2 to 2 hours, turning ribs once. Add peaches and juice 35 minutes before removing from oven.

1/4 cup brown sugar

1 cup ketchup

2 tablespoon Worcestershire sauce

1 tablespoon dried onion or 1/4 c. chopped onion

2 tablespoon flour

2 tablespoon yellow mustard

1/2 teaspoon ground cloves

1 teaspoon salt

[Courtesy of the SC Peach Council](#)



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

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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>
Charleston Cooks
Junior Chefs
AAA Greenthumb
Martin Farms Produce
Kurt's Kitchen
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
S.W. Shumpert Farm & Ice Cream
Whimsical Upscale
<i><u>Trail Ridge Farm and Dairy</u></i>
Ms. Zessie's Specialties
<i><u>Jamberry Nails</u></i>
Lem's Farm Shop
<i><u>Doswell Farm</u></i>
J's Concessions
<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
Isom's Delights
Cakes and More by Angela



<i><u>Congaree Milling</u></i>	Judith's Hands
<i><u>Leesville Aquaponics</u></i>	<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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