



Clemson Sandhill Farmers Market

Shopping at the Farmers Market 101

The following article comes from US News and World Report's Health Section. Farmers markets filled with seasonal goodies are springing up all over the country. There are many amazing things to purchase and experience at the [farmers market](#). For one, shopping locally can help support your community and the farmers who work hard in your area to make a living off the land. Next, going to the farmers market also often means [eating organic](#). Although the produce and other foods may not be labeled as such, they actually may be grown under organic conditions since many local farmers use organic practices to grow their food but cannot afford the hefty fee to become certified organic by the U.S. Department of Agriculture.

Farmers markets also offer great learning opportunities. Farmers are brimming with information they want to share! They can discuss how they grow food, provide purchasing and storage tips and even give you cooking tips and recipes. They can also talk about different varieties of fruits and vegetables and give you free samples before you decide what to buy. You can be a wealth of information at the farmers market, too. I often take my kids to my [local farmers market](#) and walk through the whole market with them before purchasing anything. They love the honey stand, where I teach them how to properly taste the honey without double-dipping their spoons, and the pickle guy, who serves up dill pickles on a stick for \$1 each.

Despite the benefits of shopping at a farmers markets, you can also find a plethora of unhealthy foods and food safety issues at each one. The food may not be travelling hundreds or thousands of miles across state lines, but there are still tips to keep in mind to make sure you purchase and transport the food as safely as possible. Here are a few of the most important rules of thumb to follow to make the most out of your shopping experience: [Click here to read the full article.](#)

May Schedule

Opening Day	5
Keith Tracy	12
Keith Tracy	19
AgSouth Day	26



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Featured Vendor—Sunny Cedar Farms

Russell Singleton and his family own and operate Sunny Cedar Farms in Sumter, SC. Their farm is dedicated to humane, open range raising of high quality hogs. While most of his animals meet their fate for our benefit, there too does the humane process continue. [Sunny Cedar Farms](#) creates their own custom feed and allows the hogs to graze on the especially planted pastures in addition to foraging amongst the tall oaks. Selective breeding processes help to insure healthy, viable offspring. As a third year Sandhill Farmers Market vendor, they offer a variety of quality pork products. Visitors to their farm can often purchase fresh eggs and on occasion, poultry. We invite you to visit Sunny Cedar Farms and all of our other outstanding vendors each Tuesday afternoon at Sandhill.



Market Flash

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Clemson Sandhill Fish Club

The weather is great and the fish are biting... when they want to. At least that's the latest report from our members of the 2015 edition of the Clemson Sandhill Fish Club. The club, which allows fee based access to the waters at Sandhill, continues to be a popular Northeast community. The 2015 season operates until mid-December and there are still memberships available. The three categories of individual, family and senior. You can read all about the program and even apply on line by visiting our website. [Please click here to be directed to the webpage.](#) You can also stop by the Famers Market information center on market days and talk to Stan Perry about the program.



Support Your Local Famers 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 - May 12th



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

Gardening Tip of the Week Soil Samples

There are several nutrients that are essential for plant growth. A soil test is used to determine the amount of these nutrients in the soil. The soil test results are subsequently used to make a soil test report. In addition to indicating the level of nutrients in your soil, the report will also tell you the **pH** value or how acidic or basic your soil is, and it will make a recommendation for the amount and type of fertilizer and/or lime you need to add to the soil for optimum plant growth. This allows you to customize your soil fertilizer and lime applications to your plants' needs. Following the recommendations will help prevent problems with nutrient deficiencies (in the case of under-fertilization) or problems associated with over-fertilization such as excessive vegetative growth, delayed maturity, salt burn and wasted money. In addition, it can protect against any environmental hazards resulting from excessive fertilizer applications.

How to Take Soil Samples

To have a soil analysis done you need to collect 12 or more cores which will be combined as one composite sample. The samples should include soil from the surface to a depth of 6 inches in all areas except for lawns where cores should be taken from a depth of only 2 to 3 inches. A simple garden trowel can be used to collect the samples. Place the samples in a clean bucket and mix them thoroughly. It is imperative to use clean sampling tools. Pesticide or fertilizer residues will create misleading results. The sample must not be excessively wet before it goes to the lab. Bring a minimum of 2 cups of soil per sample to your county Extension office. Be sure to keep track of which part of your yard the sample came from. At the Extension office they will ask you to fill out the information on a soil test box, fill out a record sheet and check the appropriate boxes for the analyses desired. The cost of a standard soil test is \$6.00 per sample. This test provides unbiased, scientific information on: [Read the rest of the article from Clemson's Home Garden and Information Center by clicking here.](#)



CLEMSON
COOPERATIVE EXTENSION



Saluda County Peach Gazpacho

courtesy of the SC Peach Council

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- | | |
|---|---|
| 2 cups peeled, pitted and diced South Carolina peaches (about 1.5 pounds) | 2 tablespoons fresh lime juice |
| 1 large red tomato, diced | 1 tablespoon fresh minced garlic |
| 1 medium yellow tomato, diced | 2 teaspoons minced jalapeno |
| 1 seedless cucumber, unpeeled, diced | 4 cups V-8 juice (32-ounces) |
| ½ cup green bell pepper, diced | 1 teaspoon toasted black and white sesame seeds |
| 3 tablespoons chopped fresh cilantro | 1 teaspoon sugar |
| | ½ teaspoon cumin |
| | Salt and pepper to taste |

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>
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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