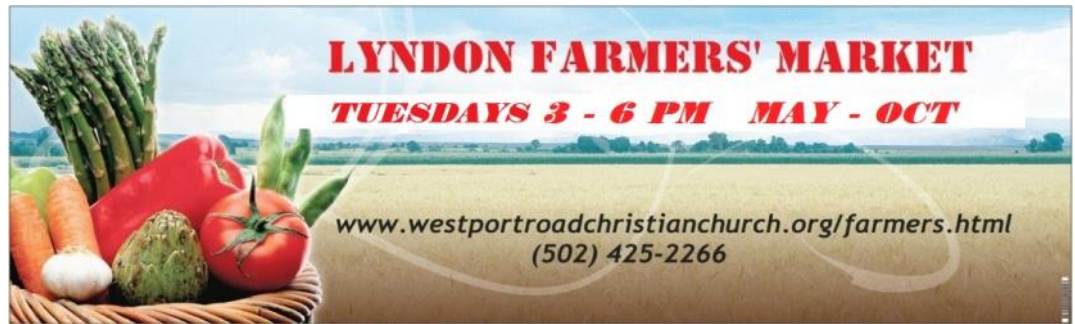


Located at Westport Road Christian Church & Pitt Academy

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7515 Westport Road, Louisville, KY (Near Lynn Way)

Looks Like Another Warm, Rainless Tuesday This Week! What's Kohlrabi? Loaring Farm Has It & We Have Recipes On Page 3!

Loaring Farm will have early spring produce: spinach, kale, kohlrabi, fresh green onions and green tomatoes. She will also have tomato plants & flowers ready to transplant in your garden, as well as quilts.

The Society of Badass Bakers returns to the market this week with blueberry muffins, bacon cheddar muffins, apricot tarts, olive bread, quiche, and cookies.

Joe's Backyard Honey is back in stock. Stop by and see Pastor Doug and pick up a bottle or two. It's great for those miserable allergies going around and it's LOCAL.

Once again, the church will be selling Dreamcatcher Farm's grass-fed and finished beef, pasture raised pork and lamb. Don't forget to pick up some Dreamburgers and other cuts for grilling!

This is the last week that school is in session! Please use the ENTRANCE Drive (furthest from the Watterson) and drive around the building. Please do not arrive before 3:00pm or you will be stuck in dismissal traffic.

Special points of interest:

- Convenient Parking
- Locally grown produce
- Yummy Baked goods
- Farm Fresh produce
- Everything you need for your dog
- Grass-fed and Finished Meats
- Graymoor/Devondale honey
- Herbs, plants
- Dog friendly



**This is kohlrabi. Delicious and nutritious!
Buy some at the market and see our recipes and nutrition info on Page 3. Don't forget the bacon!**

Our 2019 Market Vendors:

Dreamcatcher Farm—Stan & Lelia Gentle; Louisville, KY

Grass fed and finished beef, pork, lamb.

Gangsta Dog—Gary Hughes, Louisville, KY

Dog treats, dog food, CBD treats for older and stressed dogs, leashes, collars, t-shirts & more

Joe's Backyard Honey—Joe Meiners, Louisville, KY

Local Graymoor/Devondale honey.

Loaring Farm—Sharon Loaring, Turners Station, KY

Vegetable & flower plants, & a full array of spring, summer and fall produce, lap & baby quilts.

Jennifer Owen— Louisville, KY

Strawberry jam, layer cakes, dessert bars, cookies, salty/sweet caramel corn, & Derby pie bars.

The Society of Badass Bakers—Hank Levitt, Louisville, KY

Muffins, fruit tarts, other tarts, breads, brownies, & quiche.

Oven Roasted Kohlrabi And Sautéed Kohlrabi Leaves

Roasted Kohlrabi:

<https://www.allrecipes.com/recipe/203975/roasted-kohlrabi/>

Sautéed Kohlrabi With Bacon And Scallions:

Add olive oil to skillet, set to high heat. Add chopped white onions, minced garlic, and washed and cut up kohlrabi leaves. Stir frequently until onions are soft and leaves are tender. Stir in crumbled bacon and scallions or chopped green onions. Heat mixture until green onions are wilted. Serve hot, and season to taste.

Raw Kohlrabi Nutritional Information

Kohlrabi is so highly valued in countries and cuisines around the world not only for its diversity in cooking applications but also because it is full of nutrients and minerals. According to USDA National Nutrient Base, kohlrabi consists of calcium, potassium, magnesium, iron, and calcium, as well as vitamins, such as vitamin C, B-complex vitamins, vitamin A, and vitamin K. Along with that, it is also high in dietary fiber and antioxidant compounds such as phytochemicals and various carotenes.





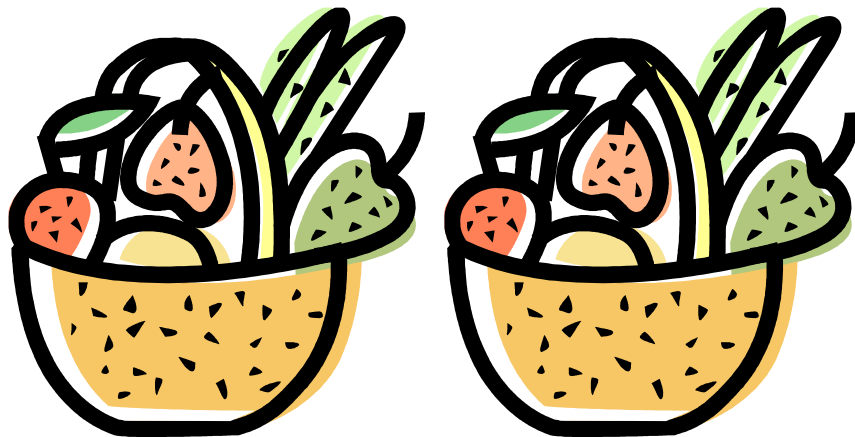
TIRED OF DRIVING *MILES*

**TO THE NEAREST SUPERMARKET FOR PRODUCE
THAT COMES FROM WHO KNOWS WHERE?**

**CHECK OUT THE FARM FRESH PRODUCE AND OTHER
FINE PRODUCTS RIGHT HERE IN YOUR OWN
NEIGHBORHOOD**

7515 Westport Road

At Pitt Academy and Westport Road Christian Church



LYNDON FARMERS' MARKET