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## Farmers market season opens with more vendors, dates and seasonal produce

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### Farmer's Market slideshow

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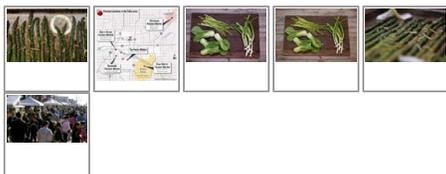
Posted: Saturday, April 1, 2017 12:00 am | Updated: 12:20 am, Sat Apr 1, 2017.

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Roasted asparagus is prepared with lemon and ginger. IAN MAULE/Tulsa World

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By Jessica Rodrigo Tulsa World | 0 comments

April is officially here and many of the area markets are opening for business.

Tulsa is home to the state's largest farmers market — Cherry Street Farmers Market, with more than 75 vendors — as well as other surrounding markets, including Broken Arrow and Claremore. The markets have become well-known for their offerings of fresh seasonal produce, flowers, baked goods and other locally made products in a casual market environment.

Vaunda Olivera, community event manager with the city of Broken Arrow, said customers of the Rose District Farmers Market made it a point to visit the market last year when it was hosted in a temporary space just off Main Street while construction was being completed. Even in the temporary space, she said the market saw an increase in traffic, too. Shoppers have voiced their opinions about more opportunities to shop beyond the Saturday market.

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7:30-11 a.m. Wednesdays April 12 through October

Whole Foods parking lot, 41st Street and Peoria Avenue

[tulsafarmersmarket.org](http://tulsafarmersmarket.org); 918-636-8419

### Cherry Street Farmers Market

7-11 a.m. Saturdays April 1 through October  
15th Street and Peoria Avenue

[tulsafarmersmarket.org](http://tulsafarmersmarket.org); 918-636-8419

### The Farm's Market in The Farm Shopping Center

8-11:30 a.m. Saturdays starting April 1 through September

Corner of 51st and Sheridan streets in The Farm Shopping Center

[facebook.com/thefarmsmarkettulsa](https://facebook.com/thefarmsmarkettulsa); 918-622-3860

### Rose District Farmers Market

7 a.m.-noon Saturdays starting April 1 through October; 4 to 7 p.m. Tuesdays starting April 4

418 S Main Street in the Broken Arrow Rose District

[facebook.com/BAFarmersMarket/](https://facebook.com/BAFarmersMarket/); 918-451-2815

### Claremore Farmers Market

7-11 a.m. Saturdays starting May 6 through October 30

Rogers County Courthouse parking lot, 200 S. Lynn Riggs Blvd.

[facebook.com/ClaremoreFarmersMarket](https://facebook.com/ClaremoreFarmersMarket)

### Seasonal picks

Here's a look at what fresh produce shoppers will find from area growers this weekend:

- Mixed greens
- Lettuce
- Onion and green onions
- Bok choy
- Spinach
- Asparagus,
- Beef, pork and farm eggs
- Kale
- Swiss chard

"We talked to the customers who come to the market and one of the requests they had was for a two-day market," she said. "We asked the farmers if they could supply enough for a second market and they were very excited about it."

This year, the Rose District Farmers Market will return to its original space at 418 S. Main St. in Broken Arrow. The market will also begin opening for a second day, starting Tuesday, April 4, with evening hours from 4-7 p.m. The market, which includes 47 vendors, ranges from seasonal vegetables and fruits to crafts and products, such as soaps and candles. Many of the vendors have been a part of the market for a few years and will be returning for the 2017 season.

"If shoppers have a favorite vendor at the market, they'll probably be back at the market starting Saturday," Olivera said.

The Farm's Market at the Farm Shopping Center, 51st Street and Sheridan Road, will open for its second season starting Saturday. The market debuted last year with about 20 vendors, said property manager Shelley Latta. The new Saturday market averaged about 17 vendors, which some market experts told her was above what most markets do in their first season.

The market received a positive response from shoppers who came from the midtown and south Tulsa areas.

"The Farm is centrally located and is quite convenient for people to get to," she said.

The nearest grocery stores are located more than 2 miles from the shopping center, so it's become a popular choice even for her own groceries to buy items for the fridge and pantry. Latta, who is a vegetarian, joked that if the market featured vendors who made everyday paper products then she wouldn't need to shop anywhere else.

"I can get everything I need there," she said.

And because the market operates on private property, she said there is plenty of room to keep adding vendors. There are vendors who sell plants, salsa, smoked foods, bird

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First Christian Church

### Gospel Singing

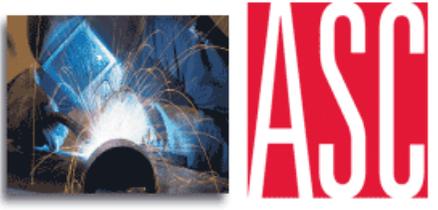
- Carrots
- Strawberries (at Cherry Street market)
- Mustard greens
- Cilantro

feeders, a local winery and the Pophouse artisan popsicle business.

When Olivera was younger, she remembers going to the farmers market, but there wasn't such a wide range of options.

"There was not as near a variety of market then. Now there are so many of them," she said.

Many of the markets offer more than produce and tangible goods. Throughout the season, each of the markets feature different forms of entertainment including cooking demonstrations, guest vendors such as the Tulsa City-County Library's Seed Library at Cherry Street Farmers Market on April 1, musicians and food trucks. And once a month, the Rose District Farmers Market will



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host a special event. On May 6, the market will coincide with the Rose District's Rose Parade.

### ROASTED ASPARAGUS

1 bundle of asparagus, washed and trimmed

1 teaspoon lemon zest

½ teaspoon fresh ginger, zested or minced

½ teaspoon vegetable/olive oil

Salt and pepper

1. Preheat oven to 400 degrees.

2. In a rimmed baking sheet, spread the asparagus into one layer and evenly coat with oil, fresh zested ginger, salt and pepper by tossing gently with hands or a pair of cooking tongs.

3. Cook on the middle rack in the oven for about 10-15 minutes until the asparagus become soft. Add lemon zest and give the vegetables another toss using a pair of tongs and then return the oven for another 10 minutes or until cooked to desired doneness. Serve hot with a squeeze of lemon, or refrigerate and add to a salad with mixed greens.

### CARROT HUMMUS

Makes 4 cups

2 tablespoons canola oil

1½ cups diced yellow onion

1 tablespoon refrigerated ginger paste (from tube)

South Main Street, Wagoner

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### Today's E-Edition



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**TULSA RV VIEW INVENTORY**

1 tablespoon refrigerated garlic paste (from tube)

2 teaspoons ground cumin

2 teaspoons kosher salt

1 teaspoon garlic powder

½ cup water

10 medium carrots, steamed and shocked in an ice bath, then chopped (about 3 cups)

¾ cup extra-virgin olive oil, plus more for drizzling

½ cup tahini (sesame paste)

¼ cup fresh lemon juice

2 dashes hot sauce, such as Tabasco

Toasted sesame seeds, for garnish

Chopped fresh cilantro, for garnish

1. Heat canola oil in a medium skillet over medium-low heat. Add onion, ginger paste, garlic paste, cumin, salt and garlic powder, and cook until onions are translucent, about five minutes. Add ½ cup water, and cook 1 minute, stirring occasionally.

2. Process the onion mixture, chopped carrots, olive oil, tahini, lemon juice and hot sauce in a food processor until smooth. Garnish with toasted sesame seeds, chopped cilantro and a drizzle of olive oil. Serve with pita chips or even Triscuits.

— Excerpted from *One to Five* by Ryan Scott. Copyright © 2016 Oxmoor House. Reprinted with permission from Time Inc. Books, a division of Time Inc. New York, NY. All rights reserved.

## KALE CAESAR

Serves 1

3½ ounces kale, de-stemmed

1¾ ounces spring greens, de-stemmed

3 tablespoons Leon Honey & Mustard dressing (see recipe)

3½ ounces cooked chicken, shredded

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4 salted anchovies, chopped

1 tablespoon finely grated Parmesean

1 tablespoon chopped fresh chives

1. Shred kale and spring greens thinly. Toss with the dressing and top with remaining ingredients to serve.

### **LEON HONEY & MUSTARD DRESSING**

5 tablespoons olive oil

2 tablespoons cider vinegar

2 teaspoons honey

2 teaspoons grain mustard

1 teaspoon Dijon mustard

1. Whisk together all ingredients or shake in a jam jar/dressing bottle.

— *Recipes by Jane Baxter and John Vincent, "Leon Happy Salads"*

### **ASPARAGUS TABBOULEH**

Makes 4 servings

½ cup medium grind bulgur

1 pound asparagus, trimmed

1 small tomato, chopped

¼ cup chopped flat-leaf parsley

2 scallions, thinly sliced

2 tablespoons finely chopped mint

2 tablespoons extra-virgin olive oil

1 tablespoon fresh lemon juice

Salt and pepper

1. In a medium saucepan of boiling water, cook the bulgur until tender, about 10 minutes. Drain well, then spread out on a rimmed baking sheet to cool.

2. Meanwhile, fill a medium bowl with ice water. In a large pot of salted boiling water, blanch the asparagus for 2 minutes, then transfer to the ice bath to cool. Drain, coarsely chop and transfer to a food processor. Pulse the asparagus until it is finely chopped.

3. In a large bowl, combine the asparagus with the bulgur, tomato, parsley, scallions, mint,

olive oil and lemon juice and toss. Season with salt and pepper and serve.

— Excerpted from "Market Math" by the editors of Food & Wine. Copyright © 2015 Oxmoor House. Reprinted with permission from Time Inc. Books, a division of Time Inc. New York, NY. All rights reserved.

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