

Brandywine Table

Market Series: Phoenixville Farmers' Market

**FUN FOR THE WHOLE FAMILY,
DOGS INCLUDED**

Courtney H. Diener-Stokes



CORN CHIPS AND GUACAMOLE by Taste of Puebla, ravioli by Vera Pasta Co. and locally grown fruits and veggies by Mickle's Orchard & Farm are some of the treats you can usually find on Megan Muchbach's shopping list when she visits the **Phoenixville Farmers' Market** a couple times a month. As the weather starts cooling down in October, she begins cooking warm and hearty meals for her family of four that lives in Wayne. Squash is a popular ingredient in their household this time of year, whether acorn, butternut or kabocha. "We cook easy things when school starts since I'm also a teacher," she says, while her three-year-old son plays in the kids' activity area situated in the center of the market.

The vibe at the market is a social one, where you can see regular shoppers chatting it up with each other in between their

stops to vendors like Hickory Grove Gardens, Wild Fox Provisions and Sweet Water Baking Company, among 27 or so others. "I grew up in town and love the market here and saw it bring the town together," says Max Kulp, who serves as the day-of market manager every other week. Revitalizing the downtown was one of the primary goals of Liz and Bill Anderson when they founded the market 20 years ago.

While many vendors have been with the market for years, one recent addition is Fungified Farm, owned by Alethea Kidd of Telford, Montgomery County, which joins longtime vendors such as Cucina Verde, owned by Annmarie Cantrell of Birdsboro in Berks County. Cantrell's husband, Sam, handles the sales at market and also grows the main ingredients that go into their seven varieties of krauts made using Chinese and European cabbages.

Many shoppers are regular faces to vendors, but some are still discovering the market for the first time, including Annie Bryant from Exton, who was with her significant other, Javin McIntosh, from New Jersey, on a recent Saturday. A regular at the Eagleview Farmers Market, Bryant was happy to see a familiar nut butter stand, Nutty Novelties, since she's a big fan of their cinnamon almond variety. The couple were especially drawn to the fresh and colorful selection of fruits and vegetables. Sweet potatoes and tomatillos are some of their favorites this time of year. "I blanch and blend the tomatillos to make salsa verde," McIntosh says, adding he loves to cook. "You can use it as a sauce on so many different things."

Here's a taste of what October has to offer — recipes from vendors and friends of the market to inspire your dinner menu this fall!

Fungified Farm Vegan "Beef" Wellington

This easy and comforting meal is a vegan take on beef Wellington that's sure to be enjoyed by your dinner guests. Alethea Kidd was inspired to make this dish because her husband is vegan and she wanted to make something special for him around the holidays. Oyster mushrooms add a meatiness to this dish that can also be made vegetarian. The filling can be made a day or two ahead. Pairs well with sweet potatoes and a green salad followed by a small bowl of Mickle's Orchard & Farm's Honeycrisp Applesauce for dessert.

Serves 5 to 6



- 1 sheet puff pastry (refrigerated or frozen)
- ½ large eggplant
- ½ lb. oyster or mixed exotic mushrooms
- ½ large onion, coarsely chopped
- Extra virgin olive oil
- ½ 15-oz. can white kidney (cannellini) beans, drained and rinsed
- 2 garlic cloves, peeled
- ½ tsp. chili flakes (optional)
- ½ tsp. salt, plus more to taste
- Pepper to taste
- 5 slices of cheese, optional (regular, such as Gouda, or any meltable vegan cheese)
- 1 T. vegan milk (such as nut milk) or dairy milk

For the filling:

- Defrost puff pastry if using frozen.
- Peel eggplant and cut into even slices, about ½ inch thick.
- Cut off the bottom of the mushroom stems (leaving the remainder of the stem) and roughly chop.

When You Visit

Located along the Schuylkill River Trail, under the Gay Street Bridge, the market is easy for community members to access on foot every Saturday from 10 a.m. to noon from fall through winter before they're back to longer hours during the late spring and summer months.

There's typically live entertainment — a local musician or an author who offers storytime for kids — with the underside of the bridge serving as a picturesque backdrop. It doesn't take long to see that this market is a magnet for the entire family, given the number of children and dogs in attendance.

If you're visiting by car, either use free parking on Bridge Street and walk a block to the market, or pay for hourly parking right by the market.

You can expect to find produce, meat, flowers, cheese, baked goods, craft vendors and more. To learn more, visit PhoenixvilleFarmersMarket.org.



Live music under the Gay Street Bridge

Peel the onion, and cut into slices. Place the eggplant, mushrooms and onions on a baking sheet and spray or drizzle with oil. Roast in the oven for 15 to 20 minutes, until the ingredients are brown and soft. Remove from the oven and set aside to cool.

Place the beans, garlic cloves, chili flakes and salt in a food processor or blender.

Pulse until blended, then add in the mushroom and eggplant mixture. Pulse a few more times until chopped but not pureed. Add in more salt and pepper to taste.

For the Wellington:

Preheat the oven to 425°. Line a baking sheet with parchment paper. Carefully unroll one sheet of puff pastry dough directly onto the parchment paper. Using a knife, cut strips about an inch thick on both sides of the long edge of the dough. Be sure to leave the middle third uncut.



Megan Muchbach and her son at the children's play area



Fungified Farm is a new vendor at the market this year



Max Kulp, day-of market manager

Spread the filling on the uncut portion of the dough. If using cheese, place slices on top of the mixture.

Fold in the top and bottom end portions of the dough to the first cut lines. Next, fold in one strip on the top-left side towards the middle, followed by folding in one strip on the top-right side towards the middle. Alternate sides continuing downward to form a lattice pattern. Pinch to seal the final two strips.

Brush with vegan milk (nut milk works best) or dairy milk.

Place the Wellington in the oven and cook for 25 to 40 minutes, until browned and crispy. Serve immediately.

Store any leftovers in a sealed container for up to three days in the refrigerator.

Cucina Verde Leek and Mushroom Salad with Apple Fennel Kraut

This salad by Annmarie Cantrell is part sweet from the leeks, shiitake mushrooms and apple, and part sour from the kraut. Pairs well with roasted chicken or braised French lentils for a vegetarian option.

Serves 4



- Extra virgin olive oil
- 2 large leeks, washed and sliced thinly
- 1 lb. local shiitake mushrooms, sliced thinly
- 1 tsp. whole grain or Dijon mustard
- Sea salt to taste
- 1 medium apple, sliced thinly (Cantrell prefers gala)
- Juice of 1 lemon
- ½ C. Cucina Verde Apple Fennel Kraut
- Parsley, chopped (for garnish when serving)

Heat olive oil in a skillet. Add leeks and saute until they begin to soften.

Add mushrooms and cook until soft. Add mustard and stir through.

Season with salt and place in a bowl to cool.

Add apple slices, lemon juice and kraut. Stir to combine.

Markets Represent Heart and Soul

Phoenixville marks the last in our market series. Covering the markets reminded me that what's special about venturing out of the neighborhood to enjoy other markets in Chester County and beyond is that it's an open invitation to the heart and soul of the town you're visiting.

Each unique market acts as a pulse to a community and serves as a vital gathering space. It's a chance to connect with the faces behind the food, meet new people and try new things on your plate, all while showing support for our regional growers and makers.

Fall and winter hours at most markets offer the opportunity to continue supporting your local market, as well as a chance to continue exploring what's to offer in communities beyond your own!

Garnish with parsley for serving.

Store in a sealed container for up to two days in the refrigerator.

Homemade Salsa Verde

Javin McIntosh loves when tomatillos are in season to make salsa verde, which he uses often, including for a topping on steak and as a dipping sauce for grilled chicken. The salsa also works as a great dinner appetizer paired with Taste of Puebla corn chips, available at the market.

Serves 2



- 10 tomatillos, husked and blanched
- 1 small red onion, chopped
- 3 cloves garlic, chopped
- 2 jalapeño peppers, chopped
- ¼ C. fresh cilantro, chopped
- Salt to taste

Place blanched tomatillos in a food processor or blender with onion, garlic, jalapeño peppers, cilantro, salt and pepper. Pulse or

blend to desired consistency.

Store leftovers in a sealed container for up to two days in the refrigerator.

Maple Apple-Cherry Crisp

You can't go wrong with an apple-based crisp for dessert this time of year, which also gives you an excuse to feature a variety of local apples from the farmers market. Much easier to pull off than a pie, this gluten-free crisp includes cherries that add a pop of color as well as a tartness to balance the sweetness of the apples. Featured in the Kimberton Whole Foods Cookbook, this is a beloved recipe by my co-author Pat Brett, who often makes it with her grandchildren who pitch in with apple chopping. Serving the crisp warm with a large scoop of vanilla ice cream is a must!

Serves 6 to 8



PHOTO CREDIT: SENECA SHAHARA BRAND

Topping ingredients:

- ½ C. raw sugar
- ¾ C. gluten-free rolled oats
- ½ C. ground almonds or almond flour
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. Himalayan pink salt (or standard salt)
- ½ C. (1 stick) butter, melted

Apple-cherry mixture ingredients:

- 6 medium-to-large apples
- 3 tsp. lemon juice
- ½ C. dried cherries, tart or sweet
- ½ C. raw sugar
- ½ C. pure maple syrup
- 1 tsp. vanilla
- 2 T. arrowroot or cornstarch
- 1 tsp. cinnamon

Making the topping:

Preheat the oven to 350°.

Butter a large, round ceramic or glass baking dish and set aside.

In a medium bowl, mix the topping ingredients together — sugar, oats, almonds (or almond flour), cinnamon, nutmeg and



salt — until well combined.

Add melted butter and mix until blended. Set aside.

Making the apple-cherry mixture:

Peel, quarter and core three apples. Quarter and core the remaining ¾-three apples, leaving the peel intact. Slice apple quarters into ¼- to ½-inch slices. Place in a large bowl, add lemon juice and stir.

Add dried cherries, sugar, maple syrup, vanilla, arrowroot (or cornstarch) and cinnamon. Stir gently to evenly coat apples and distribute the dried cherries.

Pour apple mixture into the buttered baking dish, pressing down lightly and mounding the apples a bit in the center of the dish.

Spoon the topping over the apples, not coating evenly, to enable some apples to show through.

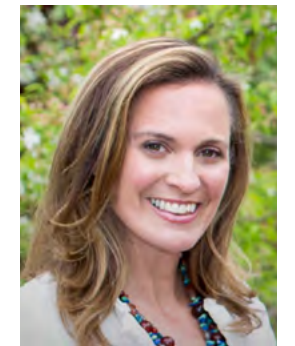
Place the baking dish on a larger cookie sheet to catch any drippings that occur during baking.

Bake for 30 minutes, until the apples are soft when tested with a fork, the crisp is bubbling and topping is browned. Bake an additional 5 to 10 more minutes, if needed.

Allow to cool for a half an hour before serving. Ideally served warm with homemade whipped cream or vanilla ice cream.

Store any leftovers of the crisp in an airtight container for up to three days in the refrigerator. ♦

Courtney Diener-Stokes is an award-winning journalist, author, food writer, photographer and food stylist. Most recently she co-authored the Kimberton Whole Foods Cookbook and Farmhouse Manna: Nourishing Recipes and Rituals for Head, Heart, Hands & Soul. She lives in the Oley Valley countryside with her husband, three children, two Babydoll Southdown sheep, a flock of bantam chickens and a Bernedoodle named Daisy.



For more great recipes visit
CountyLinesMagazine.com