

## RAF WEEKLY UPDATE

### IT'S SWEET CORN SEASON

Although the weather has been very warm lately, it is good for the corn. And the sweet corn is ripe and ready. Century Oaks Farm will be at the Saturday and Wednesday markets with plenty of corn. Whether you are having it on the grill or boiling it up, don't miss out on fresh picked corn.

If you are thinking of freezing or canning, the variety that is ready now is perfect for that! You can pick up your corn at the market or call ahead to order for another day that is perfect for you.

Be sure to check out the other great vegetables that are in season. From onions and peppers to cucumbers and cabbage, whatever you are looking for, the chances are you will find it at the market!



**THE FOLLOWING IS A PARTIAL LIST OF WHAT YOU CAN FIND AT THE RAFM THIS WEEK.**

### YUMMY RASPBERRIES

Raspberries are definitely in season. Clete Bomkamp and his family at Berry Patch farms has been working hard to keep the plants watered and producing. Hopefully the rain this week will help alleviate some of their workload. Come early for the best selection. Whether you need a pint for fresh eating or many for freezing, a pie, dessert or making jam, be sure to stop by the market and let Berry Patch Farms help you out.

Sweet Corn  
Tomatoes  
Radishes  
Raspberries  
Spinach  
Green Onion  
Cucumbers  
Kale  
Kohlrabi  
Cabbage  
Raspberries  
Lettuce  
Peppers  
Onions  
Beets  
Maple Syrup  
Candies  
Homemade Noodles  
Jams, Jellies & Pie Fillings  
Bakery Items  
Eggs  
Jewelry  
Nuts  
Crafts  
Raw, local honey  
Coffee

### BAKERY ITEMS ANYONE?

Do you love homebaked goodies but don't like to make them? No worries, just stop by the market to pick up some bakery items from Windy Ridge Bakery. From bread and doughnuts, to pies and cookies, homemade noodles and candies, you will surely find something you like. And if you just want a singular snack, try their scones and cinnamon rolls.

Check out our website at [www.richlandareafarmersmarket.com](http://www.richlandareafarmersmarket.com).

Questions or Comments?

[CenturyOaksFarm@wildblue.net](mailto:CenturyOaksFarm@wildblue.net) or call Melissa at 604-5211

To remove your name from our mailing list, please email [CenturyOaksFarm@wildblue.net](mailto:CenturyOaksFarm@wildblue.net)

**Wednesdays**

3 pm to 5:30 pm

Old Consumer Coop Mill parking lot  
(Corner of Main-Hwy 80 & Haseltine)

**Saturdays**

7:00 am to noon

Richland County Courthouse  
(Corner of Seminary and Central)