

AUGUST
2011

MONTHLY NEWSLETTER

BURNAP'S FARM MARKET & GARDEN CAFE



BURNAP'S FARM MARKET
STRAWBERRY HOTLINE 315-483-4050

Farm Market Open Daily 9-6

Homegrown Peaches

Follow us on Facebook & check out the coupons in this month's Newsletter!

WHAT'S COMING TO THE FARM MARKET SOON!

Fruits & Veggies

August

Tomatoes

Grown on the Farm



Blackberries

Grown on the Farm

Apricots

Grown on the Farm

Peaches

Grown on the Farm

Plums & Prunes

Grown on the Farm

Chrysanthemums

Grown on the Farm

September

Apples

Pick Your Own (Weekends)

October

Pumpkins

Pick Your Own

14th Annual Apple Tasting Tour

October 7-10. The self guided tour offers over 15 Farms and Farm Markets to explore around Wayne County. For more info go to:

www.waynecountytourism.com

Pumpkin Carving Contest

Bring your own already carved pumpkin into the Farm Market Oct 28-30. Judging will be on the 30th at 3:00. More details to come-keep watching on line and at the Farm Market.

AUGUST FAVORITES

If you are looking for farm fresh peaches this summer, then look no farther than Burnap's Farm Market. Although Burnap's have not been growing peaches as long as our Apples or Strawberries we are excited to offer homegrown peaches to our customers.

Peach baskets can be purchased at the Market in large or small quantities. With the warm summer this year the peaches should be juicy and delicious. Do you have friends and family that live to far to visit Burnap's? We have the answer for you; ship them a box of Peaches! Come in or call the peach hotline for more details.



Blackberries are HERE!

Summer would not be complete without popping delicious blackberries in your mouth or having them with any meal. Did you know that blackberries are not true berries? Botanically, they are really an aggregate fruit, composed of small drupelets. Blackberries are great in so many things. Try them in your next homemade apple pie, jams, seedless jellies and even wine! The blackberry leaves are popular with deer and caterpillars, but the bees make the best medium to dark fruity honey from the flowers in the early spring. Blackberries have been also used in herbal medicines like to treat diarrhea. Blackberry seeds contain some oil which is rich in omega-3 and -6 fats. So come into the Market and get your Blackberries today!

Homemade Granola Bars



Garden Cafe is always inventing new recipes for healthy snacks that are very tasty. Kendra has come up with a variety of delicious Granola Bars.

There are five different can't find these delicious combinations of flavors of granola bars in any grocery store, these are only made at the Garden Cafe:

Extreme is made with oats, pumpkin seeds, sunflower seeds, coconut, chocolate chips, candy pieces.

Chocolate Peanut Butter Chip is made with oats, peanuts, chocolate chips, wheat puffs, wheat germ, flax seed, and natural peanut butter.

Raisin Nut Extreme is made with oats, pumpkin seeds, sunflower seeds, coconut and raisins. chips, candy pieces.

Peanut Butter-Peanut Butter Chip is made with oats, peanuts, peanut butter chips, wheat puffs, wheat germ, flax seed and natural peanut butter.

Cinnamon Crunch is made with oats, pumpkin seeds, sunflower seeds, raisins and cinnamon

Bars (Sold per pound) **\$.99 - \$5.99**

Betty Jane's Sweets (Waterloo)



If you enjoy Fudge then you will love Betty Jane's Try the dark chocolate, vanilla, peanut butter, coconut, chocolate peanut butter, creamsicle or even the chocolate raspberry truffle fudge.

.74lb Container **\$4.00**

Katielis Greeting Cards (NY)



Katielis Designn is an independent greeting card company that was launched in 2010 by Katherine Snyder. The cards represent a playful

representation of the way she sees the world; their whimsical nature reflects her free spirited imagination.

Cards **\$3.75 each**

Employee Spotlight

Charlie has been a hard working on the farms for 8 years. His favorite times are spent along in the tractor spraying the apples and peaches. When the spraying is done the next thing he likes is mowing the orchards. Charlie likes spring so that we can get back to working at the farm full time and getting back into the tractor after long winters. Charlie has enjoyed working for the Burnap's because they are so accommodating and helpful in times of need. A true "working family". So when you drive by Burnap's look for Charlie's tractor!



Farm Employee

Pick Your Own
Peaches
Begins:
August 8th
Everyday
Hours 9-1.



Check in at the Farm Market for instructions. For more details call the Peach Hotline at 315-483-4050.

Aracely, (better know as Cheley) has



been working at the Farm Market for a year an half. She is married to Rogelio, who has been working for the farm for many years. Cheley's

favorite things to make in the Cafe kitchen is make the soup and sandwiches. Her favorite thing to eat is the Burnap's Classic and the cookies and muffins. Cheley loves working in the spring and summer because there is lots work to keep her busy. She is working very hard to learn english and like the customers who are patient and willing to help her.

Market Employee

Garden Cafe

Come sit on our porch and have a "lite" lunch at the Garden Cafe, while enjoying the summer scenery of upstate New York and Lake



Ontario region. Don't forget to order the fresh fruit cup as your side to enjoy fresh berries with your lunch! Remember that if you are in a hurry call ahead 315-483-4050 and we will have lunch ready for you!

[Click here to view the "Lite" Menu](#)

Are you having guests over and you don't want to spend all day in the kitchen preparing food?

Let the Garden Cafe do all the work and cater your next event: Graduations, Fourth of July, Birthdays or get together with friends.

With so many choices, you can please everyone and be the hit of your party!

**For more details call Kendra
315-483-4050**

[Click here to view the Catering Menu](#)

Peach Sundaes Are Here!

Are you looking for sweet treat after having a delicious lunch at the Garden Cafe. Or want to

something cool on a hot summer afternoon.

Stay and enjoy a seasonal treat. We

drape a heaping spoonful fresh peach compote over your favorite ice cream and then add whip cream.



Look for Burnap's Farm Market and Market Cafe at these other fine sponsors.



KENDRA'S KORNER

Fresh Peach Cobbler

A quick and easy recipe.

- 1 c. flour
- 1 c. sugar
- 1 1/2 tsp. baking powder
- 1 stick butter
- 3/4 to 1 c. milk
- 4 Fresh peaches-sliced
- 1 tsp. cinnamon (optional)
- 3 tbsp. sugar (optional)

Arrange peaches and juice in melted butter. Drizzle batter back and forth over fruit Sprinkle top with cinnamon and sugar.

Bake 30 to 45 minutes or until golden brown.

Serves 4



"I provide food that is healthy and grown on the farm. I take pride in the freshness and quality that I can offer our guests."

**Kendra Burnap, Farm Market &
Garden Cafe Owner**