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Fresh. Local. Delicious.



## Greetings from Market Day Foods!

Dear Seasonal,

Fall is really in the air these days. We're busy updating our website with some of our favorite fall meal packages - stir fries, stews, soups, and more. Keep an eye on our [Meal Ideas](#) section as we continue to add more over the next few weeks.

Meanwhile, there's plenty to choose from to create your own fall meals and menus: lots of [leafy greens](#) (chard, kale, arugula, collards), [potatoes](#) galore, [roasting chickens](#) (as well as chicken feet for soup stock), and plenty of [onions and peppers](#) for pickling! ([Pickled red onions](#) are our new favorite here at Market Day.)

As your thoughts turn to more baking and casseroles, check out our expanded line of flours and grains: everything from **kamut** (whole, cracked, and flour) and **farro** to [barley, beans, and lentils](#). For you oatmeal lovers, **50-lb bags of organic, Montana rolled oats** are [on sale this week](#). We also carry a [full range of gluten free baking products](#) from Montana Gluten Free.



So order up and then get out there and enjoy today's blue skies! And, as always, eat well.

Becca, Caitlin, Mariann, and Sarah  
[The Market Day Foods Team](#)



## THIS WEEK'S BOXES

### FARMER'S CHOICE BOX:

- Baby chard\*
- Carrots
- Sweet corn
- Eggplant
- Krimzon red peppers
- Cucumbers
- Tomato mix\*
- Honeydew melon

### OMNIVORE BOX

- Baby chard\*
- Eggplant,
- Tomato mix\*
- Snack peppers
- Flatleaf Italian parsley\*
- Honeydew-muskmelon cross (Galia Inbar variety)
- Italian Barley Soup, Western Trails
- Bone-in country style pork ribs, Silver Tip Pork

### AND DON'T MISS...

- [Fresh pappardelle and linguini](#) from GNPC - **BACK IN STOCK**
- [Wagyu Beef Hot Dogs](#) - sausage-sized and delicious!



## LOCAL FOOD BYTES

As the temps cool, we start thinking about eating our greens warm. This is one of our favorites: [Sauteed Swiss Chard with Raisins and Pine Nuts](#). And feel free to substitute or mix in beet greens and kale, too!

**Get 'em before they're gone!** We have a limited supply of [honeycombs](#) from High Prairie Bouquet - harvested from their apiaries in the high prairies of eastern Montana. Not sure what to do with this delicacy? Turns out the options are nearly limitless, but [click here for some ideas](#).

Beets are in abundant supply right now and [beet chips](#) make a great addition to a sack lunch or after-school snack. They are tasty, healthy, and best of all, they take less than an hour to make!

A couple of weeks ago we were lucky enough to attend **Seasonal Montana's farm dinner at Gallatin Grown**. It was a delicious meal in a beautiful location, and we are repeatedly amazed by what Chef Melissa Harrison cooks up with local fare.

- [Lifeline certified organic cheese](#) - ON SALE
- [Ghost Town coffee](#) - remember to add to your order 3 days before delivery!

\*\*Unless noted, all products sold on Market Day Foods are grown using sustainable, chemical-free methods. Products designated with an asterisk are certified organic by the USDA and the State of MT.

If you haven't had the chance to partake in one of Seasonal Montana's meal experiences to date, check out their upcoming [Craft Beer Dinner](#) at the Bozeman Brewing Company next week. **It's not in the field, but the field will be on the plate. Guaranteed.**

**One more time.** Thanks, again, to Barbara Bryan for [the article about Market Day Foods in the current issue of Zone 4 Magazine](#). It's always nice when someone tells your story better than you can!

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