Early risers can enjoy the tastes of summer fresh from local gardens

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Features Editor

One thing is certain. For those seeking food and friendly conversation on Saturday mornings from 7:30 a.m. to noon, the Kirksville Farmers’ Market is the place to be.

Approaching the north parking lot of the Adair County courthouse in downtown Kirksville, customers are greeted by vendors, whose stalls display a patchwork of fresh foods and vegetables, and whose tables boast a bounty of fresh breads and pastries. The Farmers’ Market, which has been sponsored by the Kirksville Kinettes Club since 1979, is not only a feast for the eye, but, according to vendors, a haven for those seeking through the air and luring them from around the Square. “It’s very early this time of year,” said Steve Salt, proprietor of Green Valley Farm. “It’s kind of like the local meeting place.” Salt has been selling vegetables at the market since 1981. Continuing down the row, vendor Nora Horst, who has been selling vegetables at the market for 20 years, said the market is now a lot bigger and busier than when she started.

Horst said vendors have the most of various vegetables in season at the time. When her garden isn’t producing much, she supplements her table by bringing in such as cinnamon rolls, pastries and breads made from scratch.

As the row crosses from Pemington, Steve Salt stands in front of his table, a table displaying his vegetables, which he grows on his 4.5-acre farm. Salt has been selling vegetables at the market for 45 years and has been a vendor at Kirksville’s market for 13 years.

Salt, who posts his produce for the day on a green chalkboard hanging from the side of his bus, said August and September are the months when produce is most abundant for sale at the market. “I come in June when they have things like strawberries, though,” said Salt.

Salt grows oriental vegetables such as bok choy (Chinese cabbage), radishes, winter melon, endive and shallots, winter melon, radishes, endive, shallots and escarole, which can be found in Salt’s garden, contribute to French cooking.

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