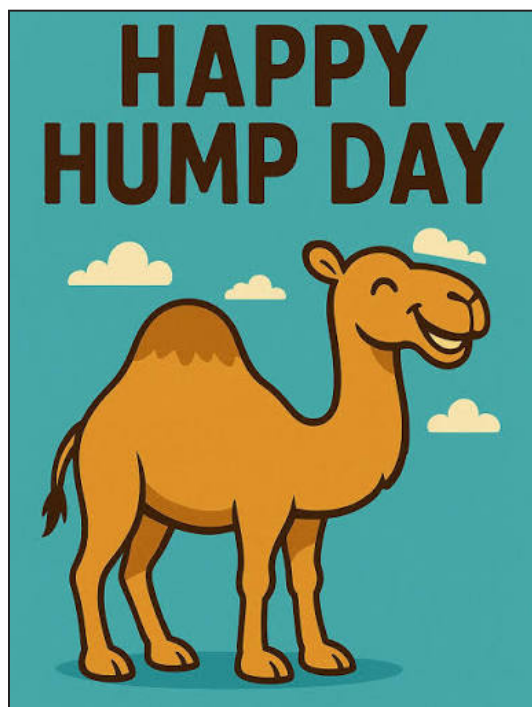




TRUMANSBURG, NEW YORK, EAT LOCAL EDITION

What Does “Over the Hump Day” Mean?

**In Trumansburg,
New York it means
Wednesday from 4–7pm**



(Photo Source: Instagram)

***Come for the Farmers Market
Stay for the Community
Meet Old Friends and Find New Ones***

**Enjoy the Trumansburg
Summer Farmers Market
JULY – OCTOBER**

Hump Day itself dates to the mid-20th century in the U.S. The earliest known uses appear in the 1950s (around 1955–1956 in newspapers and American Speech references). Early examples sometimes applied “hump day” more generally to the midpoint of any period of work or effort, but it quickly settled on Wednesday as the standard meaning in the Old English Dictionary (OED).

It builds on the older idiom “over the hump,” which means past the most difficult or halfway point of a task, project, or experience. This phrase appears in American slang by the early 20th century (e.g., 1914 prison slang for being past the midpoint of a sentence). A related WWII association comes from Allied pilots flying the dangerous “Hump” air-supply route over the eastern Himalayas between India and China; once past the highest, most hazardous section, they were “over the hump.” (Grammarist). It’s frequently paired with camel imagery because of the animal’s distinctive hump.

In short: it’s a cheerful midweek motivational phrase rooted in the simple metaphor of climbing over the “hump” of the workweek, with documented use since the 1950s. So, if you are in Trumansburg, New York and find yourself at the Summer Farmer’s Market, it means you have successfully reached the halfway point of another workweek and only have two more days to go before the weekend.

While you are here, celebrate your accomplishments - chat with some friends or family, listen to some great music, eat some fantastic local food, find a cool beverage to suit your palette, explore the wonderful local dessert options and make sure to take something wonderful home to spoil yourself on Thursday and Friday. You’ve earned it!

An End of Summer Sunny Day Enjoying the Market

by Cadan Ziemba, *The Accidental Reporter*

This Wednesday marked both the Trumansburg Farmers' Market and the second day of the Trumansburg Fair. The market may not have been at capacity, but it was far from empty. By now, summer has fully embraced the mood of late August—the sort of heat that doesn't make one sweat just from standing around. This week, I was joined at the market by Pakiza, who is starting an Instagram page for *The Accidental Reporter*. I passed out issues while she took pictures and video clips of the market.

For food, I selected Silo Fried Chicken. Like many other denizens of Tompkins County and the surrounding area, I have enjoyed Silo before. My usual order is the Wizard Green Coconut Curry, but this week I deviated and went with the Telekinetic Chicken. This proved to be the correct move. When I got my food, I started eating before I remembered to take any pictures!

The Telekinetic Chicken is half a pound of Silo fried chicken, seasonal BBQ sauce, purple sticky coconut rice, and Asian Trio pickles, all made in-house. As Silo boasts, the exclusively dark meat chicken is wonderfully



Zaun Marshburn and Michael Stark, MSZM. (Photo: Cadan Ziemba)



Silo Telekinetic Chicken. (Photo: Cadan Ziemba)

moist. The purple coconut sticky rice had a sweetness that was unexpected but certainly appreciated. The BBQ sauce added a pleasant smokiness and enough heat to make its presence known without offending anyone more sensitive to spice. The pickled elements brightened the dish with their acidity.

As I ate, I enjoyed some of the fine music at the Trumansburg Farmers' Market this week. MSZM provided some energetic jazz, mixing things up from the usual folk, bluegrass, country, and variations thereof. This difference in style did not result in a different reception. People were as enthusiastic as ever. Michael Stark's keyboard and Zaun Marshburn's drums drew a crowd of dancers into the grass. As I stood and watched them, a man walked by and remarked on how good the duo was. I eagerly nodded my head.

Grey Moon Homestead is one of the younger vendors at the Trumansburg Farmers' Market. They have been around for only three years and have been a vendor for two of those. Grey Moon Homestead is worked by, and fueled by, the knowledge of its owner, Alyssa. Her partner, Wren, helps with some of the manual labor on the farm, but this is Alyssa's operation.



Alyssa and Wren of Grey Moon Homestead. (Photo: Cadan Ziemba)

Much of Alyssa's knowledge comes from growing up on a goat dairy farm. Now that she is older, she is using that experience to begin her own agricultural journey. On her five-acre homestead, Alyssa grows vegetables and herbs and maintains a small orchard. The orchard produces apples, cherries, figs, lemons, and peaches. Alyssa hopes to grow pomegranate trees one day as well.

When I posited that this seemed like a lot for only five acres, she cheekily responded, "You can cram a whole lot into a couple acres if you know what you're doing."

Being such a small operation, Grey Moon Homestead does not have the heated greenhouse that many other farmers in the area rely on. The New York climate means that farmers without a greenhouse can really only make money from mid-July through October. As such, Grey Moon Homestead offers a variety of shelf-stable goods. This began with teas and now includes handmade soaps. They also have a cottage kitchen license, which permits them to make and sell shelf-stable baked goods. Their selection includes granolas and tarts of various flavors.

Alyssa happily told me that she is only a five-minute drive from the market. She considers this to be her community market and is happy to be a part of the community.

As I wandered about the market, I encountered Gabby, a former coworker from my brief stint at Forge Cellars. I had seen her at the market the previous weekend as well, so we got to talking about our experiences here.

For Gabby, the most important part of the Trumansburg Farmers' Market is that it is dog friendly. Every week she visits,

she brings her adorable dog, Hughie. Hughie is very popular at the market, and the socialization is good for him.

Gabby feels that the Trumansburg Farmers' Market has the perfect concoction of vibes. This includes the size, the music, and the food. One of her favorite meals is the beef tongue tacos from Simply Red, and she particularly enjoys the produce from Mush Love Greens. While I spoke with her, she was working her way through chocolate ice cream from the Cayuga Lake Creamery.

People like Alyssa and Gabby show why the Trumansburg Farmers' Market matters. To Gabby, the market is a place to come and enjoy the moment: eat good food and listen to good music. Alyssa sees things from the other side of the table and appreciates the value that the market holds for the community from that perspective.

I, and anyone else who visits the market, am fortunate to be able to talk to people from either camp. This is a place where people can come to learn the history of a farmer's craft, commune with their fellow visitors, and appreciate the fruits of that labor.



Gabby and Hughie, Trumansburg Farmers' Market regulars. (Photo: Cadan Ziemba)



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