

Bountiful markets

BY JENNY TAI • Special to amNewYork

Summer is the perfect time to scour farmers markets for fresh produce, great meats and much more. Venture beyond the Union Square Greenmarket and you'll find some gems. We tagged along with Karen Seiger, author of "Markets of New York City," on a tour of some of her favorite spots.

Moore Street Retail Market
110 Moore St., East Williamsburg.
Hours: Mon.-Thurs., 8 a.m.-6 p.m.;
Fri.-Sat., 8 a.m.-7 p.m.; Sun.,
10 a.m.-5 p.m.

The area's vibrant Latino community is reflected at Moore Street Retail Market, better known as "La Marqueta." Natural light spills into the market from a glass roof.

SEIGER'S RECOMMENDATIONS:

Alcapurria, from Ramonita's Restaurant, a fried green banana stuffed with beef, chicken, shrimp or pork. Ramonita's Restaurant also serves delicious beans over rice.

New Amsterdam Market

South St. between Beekman St. and Peck Slip.
This month's market is on Aug. 22, 8 a.m.-7 p.m.
Market will be held every Sunday between Sept. 12 and Dec. 19.

Some words of advice: Go hungry. This South Street Seaport market offers generous samples from a vast array of regional food vendors.

SEIGER'S RECOMMENDATIONS:

NYC-based **Saxelby Cheesemongers'** ashed goat cheese. "You can crumble it on a roasted beet salad or just eat it with your fingers,"

she said. It's creamy and intensely flavored with a smoky tinge.

Zone 7, based in New Jersey, distributes farm-fresh produce.

Zuccotti Park Farmers Market

Cedar St. at Broadway. Hours: Tues. and Thurs., 8 a.m.-6 p.m., through Dec. 21.

There's an unexpected delight in coming across this farmers market in the heart of the Financial District. It may be small, but it's a great pit stop for fulfilling midday cravings.



Cherries are ripe at the market in Zuccotti Park.



Clockwise from top: the Manhattan Fruit Exchange in Chelsea Market; the New Amsterdam Market; green sauce at La Marqueta

SEIGER'S RECOMMENDATIONS:

Migliorelli Farm's produce is always fresh and beautifully displayed. Seiger likes the garlic scapes, which exude a gentle roasted onion flavor when cooked. Seasonal fruits are a great snack.

Essex Street Market

120 Essex St. Hours: Mon.-Sat., 8 a.m.-7 p.m.

Over the years, this Old World indoor market has changed to reflect the ever-evolving Lower East Side demographic. There are kosher products, Asian ingredients and Puerto Rican goods. As soon as you walk in, you'll be struck by scents of artisan cheeses and baked goods.

SEIGER'S RECOMMENDATIONS:

Jeffrey's Meats is a family-owned butcher shop that started in 1902 and offers top-quality meat for reasonable prices. Jeffrey himself is the charming and personable fourth-generation master

butcher. Try a black plume chicken or dry-aged prime beef.

"Chocolate-covered bacon might sound strange, but it's one reason why I always visit **Roni-Sue's**," Seiger said. The chocolate shop also specializes in a more traditional – and equally tasty – butter crunch.

Chelsea Market

75 Ninth Ave. Hours: Mon.-Fri., 7 a.m.-9 p.m.; Sat., 7 a.m.-7 p.m.; Sun., 8 a.m.-6 p.m.

A wonderland of high-quality products and fine dining, this indoor concourse is always bustling.

SEIGER'S RECOMMENDATIONS:

Buon Italia Market sells giant fava beans that taste like a richer version of snap peas. "They're very buttery and perfect for soups, pasta, anything," Seiger said.

Further down the concourse, **Manhattan Fruit Exchange** boasts more than 30 kinds of mushrooms, including the blue foot.

SEIGER'S RECOMMENDATIONS:

Everything in the organic section, especially rainbow Swiss chard. "Simply saute it in a pan of olive oil and sliced garlic," she said.



Author Karen Seiger sources hard-to-find Latin American products at La Marqueta in Brooklyn. (ALL PHOTOS EXCEPT NEW AMSTERDAM MARKET: KATYA PRONIN)