



Ringwood Farmers' Market News

A PROJECT OF EAT LOCAL, INC.
DEDICATED TO BRINGING LOCAL FOODS TO RINGWOOD.

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Harvest Celebration Planned...

Save the Date!

Saturday, October 4th will be Eat Local's **Harvest Celebration Dinner** at Harvest at Greenwood Lake Restaurant. Join us for a gourmet 5-course meal, featuring the areas seasonal bounty.

The evening will feature a discussion of local agricul-

ture by Cheryl Rogowski of the Rogowski Farm, Pine Island, NY. Cheryl's wisdom and experience from owning her own farm make her a rock star of the sustainable agriculture world. Cheryl is the host of a radio show on WTBQ called "Agriculture: It's More than Just Farming." Her Pine Island farm is certified naturally grown. We are delighted

to have her share her view of the world.

Please join us for what promises to be a wonderful evening. Tickets are \$40 per person and can be purchased by calling Mary at (973) 831-7871. Space is limited!

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This is Not Your Mother's Farmers' Market... submitted by Karen Marcus

In my mother's world, the words fresh and vegetable were not uttered in the same sentence. Vegetables were the canned variety; green, wax and lima beans, peas, carrots, corn and the favorite, mixed vegetable medley. The tin cans lined the shelves of the narrow pantry in our Bronx apartment and the vegetables appeared tasteless and colorless on the table each evening.

A silver manual can opener appeared from a drawer and my mother's small wrists would turn the key until the can would be free of its lid. The contents were put into a waiting saucepan, including any liquid and then boiled on

medium high. Served with a slotted spoon and delivered to my plate, I had no idea where the vegetable grew, how it originally looked and could care less. Invariably, I would push the stuff around and hope that it would disappear magically, but not in my body. Grandma Sarah, who lived with us, grew up in Poland with little to eat in a family of twelve children. She looked across the table and said the same thing every night: "Children in Europe are starving! Eat!" This declarative sentence did not improve my appetite. I didn't know these children, but as I stared at the indistinguishable matter in front of me, I longed to be with them, far away from this nightly scene of struggle.

It is another hot Saturday morning and I am finished with my farmers' market shopping. I catch a glimpse of my mother in the car window. There is a Trader Joe's bag on her shoulder, overflowing with a bunch of unruly, large greens. But this is just a heat reverie. My mother has been gone for many years and it is me, with my mother's face, faced with the cleaning, storing and cooking of this green. This week, it is the colorful and surprising rainbow Swiss chard and I have a recipe card from the market for chard with yellow raisins. But I have no idea how to tackle this vegetable. My cookbook says the tops of the chard should be treated like spinach and the stalks can be handled like

asparagus. Two vegetables in one! The same double duty for the beets, golden yellow or the classic magenta variety, roasted, peeled and cooled for a salad. The greens treated and served separately with olive oil and garlic.

I stand in my kitchen, surveying the locally produced food on the counter. I miss my mother and her wise advice on everything from childrearing to politics. But I will opt for my fresh market delights and forgo her culinary choice of the canned vegetable medley.

Vendor Spotlight... Joi of Pickles

Pickled beef makes corned beef. Pickled cabbage makes sauerkraut. Pickled cucumbers make—well, PICKLES!

More than five thousand years ago, humans learned to preserve fresh foods in brine. Using vinegar or a salt solution, ancient cooks kept their vegetables and meats from rotting after the growing season. They figured out that the

pickling process drops the acidity of the food so low that bacteria cannot live. This process allowed early sailors to carry salt pork on long journeys. It allowed Europeans to save their beef and cabbages all through the winter.

By adding spices to the brine, we adjust the flavors to suit our tastes for modern pickles: spicy, sour, half-sour, dill, bread and

butter, and so on. Check out the variety at the Joi of Pickles booth at the Ringwood Farmers' market. For your own pickling, try pickling eggs, beans, onions, olives, beets, or garlic.

**Get'cher
Pickles!**



E at Local Book Club Update

You are interested in reading about the local foods movement and you want to talk about it with others who are just as interested (or more!). A book club would be great, but you just don't have the time for meetings and the obligations that come along with them. (What time? What place? Is this meeting ever going to end?)

We understand the challenges you face and that is

why we have started the "Eat Local Online Book Club."

No time frame, no deadlines, no obligations: just the pleasures of reading good books, as suggested — and led — by Eat Local. The goal is to get the benefits of a book club...without feeling overwhelmed by rigid schedules.

Here's how it works:

1. Every month, the Eat Local book club leader will present a popular book on local eating and living.
2. During the month, the

leader will read along with you, posting her own insights about the book and guiding the discussion.

3. You can chime in with your own comments or just follow along...no obligation. Nice, isn't it?

4. Every month a different book will be featured — but you can always go back and comment on older discussions or previous books.

The first book club leader will be Eat Local Director Kathryn Grant. She has se-

lected *The Omnivore's Dilemma*, by Michael Pollan.

To join the Eat Local Online Book Club, go to:

www.ringwoodfarmersmarket.org/bookclub.html and

enter your email address at the bottom of the page. (The book club is hosted by Yahoo! groups and when you enter your email address you will be redirected to the book club page on Yahoo! groups.) We will begin on September 3, with a new book club starting every month. Happy reading!

Tomato Canning Class a Success...

On Thursday afternoon, August 21, Eat Local held its first cooking class at the Weis Ecology Center where the lesson on canning tomatoes was taught by Katie Hayes-Natale, a holistic health counselor and director of the West Milford Community Garden.

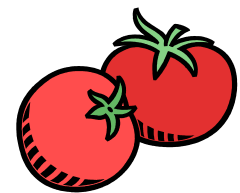
The 90 minute class covered the principles of canning all vegetables, focusing attention on the current market

hit, tomatoes. The tomatoes used in the class came straight from the Red Barn Farm garden and from the Bialas Farm fields. Thanks to both farms for their support of the class. Ten participants and the director of Weis Ecology Center, Karla Risdon, experienced the process from start to finish, including washing, chopping, drying as well as sharing stories of canning and cooking.

Katie Hayes-Natale was an excellent source of information and an expert in kitchen management skills. Her goal for the class was for the participants to feel more comfortable with canning and to make the process more accessible.

Based on the success of this venture, look forward to more cooking classes using locally produced food. In discussion are classes featuring appetizers and holiday baking,

among others. Thanks to board members, Maria Menico and Kathryn Grant for their inspiration and hard work.



Music at the Market...

Did you know that the terrific music that you hear at the market is brought to you in part by the Passaic County Cultural and Heritage Council at Passaic County Community College through a grant from the New Jersey State Council on the Arts/ Department of State, a Partner Agency of the National Endowment for the Arts?

This generous grant has enabled us to recruit and hire talented local musicians to play at the market. Coming to the market over

the next few months are:

Renee Lando on September 20th, DubSound Distortion on September 27th and Joanna Paganotti & Girls on October 18th.

Past performances have included The Billies, The Daltonnaires, The Mission Band, Rebel Red the Gravikord Duo, Almost Jazz, the St. Catherine's Performing Arts Guild Ensemble and Loretta Hagen.

There are still a few more open dates to play at the farm-

ers' market. If you are interested in playing at the market, please contact our music coordinator, Joanna Paganotti at joanna_paganotti@mac.com.

A special thank you goes to the PCCHC at Passaic County Community College for helping to make our terrific music program possible!



The St. Catherine's Performing Arts Guild Ensemble performing selections from "Joseph and the Amazing Technicolor Dreamcoat."

Recipe Corner... from the Collingswood Farmers' Market

Savory Tomato Bread Pudding (a.k.a. baked tomato casserole)

This recipe is easy to double.
4 Servings

4 slices bread (stale is good), cubed
2 medium tomatoes; chopped
1 tablespoon chopped parsley
1½ cup grated cheddar
2 eggs, beaten
1 cup milk
Salt and pepper to taste

Place bread in a greased 1-quart casserole dish. Add tomatoes. Sprinkle parsley and cheese over tomatoes.

In other bowl, beat eggs, milk, salt and pepper. Pour egg mixture over the casserole ingredients and bake at 350 degrees for 35 minutes.



Can't get enough of those yummy tomatoes!

Walking off the Weight...

Need help losing weight? Join the Ringwood and Wanaque Health Department for their **FREE 8-week weight loss program**. Receive weekly weigh-ins, nutrition education, logs & body fat analysis. After class the group will walk at

beautiful Skylands Manor. Seniors are welcome. The paths are paved and easy for beginners and strollers are allowed. There will be prizes awarded for weight loss!

The program meets on Tuesdays at 9:00 a.m., beginning on September 9th and will run through October 28th at The Center for Family Resources, 12 Morris Road, in Ringwood.

Registration is required and space is limited. Call 973-831-5479 to register.

(Open to Ringwood and Wanaque residents only.)