



Ringwood Farmers' Market News

2008 Opening Day, Saturday, May 31st

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

Market is Seeking a New Manager

Help Wanted

The board of Eat Local, Inc., is seeking a Market Manager to work Saturdays from 8 to 1:30 at the Ringwood Farmers' Market. The manager will help coordinate, plan and facilitate the Ringwood Farmers' Market. He or she will be responsible for developing vendor relations, problem solving for vendors on site, and for

making sure the Market opens and closes each Market day. Compensation: \$100 per Saturday. Please contact Bob Anderson at 973-728-3250 for more information and to schedule an interview. Interviews will be conducted in March.

Volunteers needed!

The Farmers' Market/Eat Local is always looking

for energetic individuals to join their group. Please consider volunteering for any number of tasks, including, market greeters, garden tour greeters and event volunteers, among others. There is also an immediate opening on our board for a recording secretary.

Interested? Please call Amy Jolin at 973-962-4684.

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Second Annual Ringwood Garden Tour Planned



Saturday, June 21, 2008

10-4pm

Reception for hosts and greeters to follow the tour

The Garden Tour team is looking for host gardens to feature on our second annual Ringwood Garden Tour. If you have a lovely garden, please consider joining the fun by opening it to admiring visitors. Contact Jen Papa at 973-962-7825.

The Garden Tour is sponsored by Eat Local, Inc. Proceeds will benefit the Ringwood Farmers' Market.

Spring Foods are Coming to the Market:

- asparagus
- rhubarb
- strawberries
- baby greens
- lettuce
- bedding plants
- sugar snap peas
- apricots
- cherries

Vendor Spotlight: Nina's Red Barn Farm

A farm in Ringwood!?
You bet!

Nina Bertsch runs a half-acre of intense planting on Stonetown Road. Witness her raised bed technology, and you will see an example of efficiency and productivity. This method allows a large number of vegetables, herbs, and flowers to be grown in small, compact spaces.

Nina gets help with her

very large, productive garden from family members and friends who are paid in produce. The garden uses organic gardening techniques. In fact, if you'd like to save your coffee grinds, tea bags and egg shells, Nina will cheerfully recycle them in her compost piles, 5 of them at last count. This year she's adding shredded paper to feed her army of hungry, hard working worms.



Nina also has bees and chickens on her farm, and she brings local honey and eggs to the market each week. The most popular item are her beautiful cut flower arrangements that sell out every week.

Nina grows interesting and unique varieties of vegetables and herbs, among them chocolate mint, which she sells in pots during the spring. Her farm will be on the garden tour again this year, so don't miss your chance to tour her amazing property.

In August, Nina will be the host of the annual Tomato Contest this year, so be sure to bring in your biggest tomatoes from your garden.

The Real Price of Cheap Food, submitted by Amy Jolin

One of the arguments against pasture-raised animal farming and organic farming is that the small-scale, environmentally sustainable operations can't produce animals or crops as cheaply as the factory farm operations. Someone has to make up for the price difference, and that means the consumer. A whole, pasture-raised broiler chicken that was bred on the cornucopia of insects and worms in rich organic soil costs about \$15. A factory-farm chicken will cost about half the price. Grass-fed beef is also two or even three times more expensive than meat from an animal feed operation. However, an investigation into the facts suggests that, if all factors are taken into consideration, the true price for a factory-farmed animal

and organic foods are just as high, or even higher. Only this true cost is hidden from us. For instance, the price paid over the counter for a Big Mac does not reflect how much the government has already taken from the taxpayer for the government subsidy of corn crops—the staple feedlot diet. We must think carefully about the hidden costs of cheap foods. When we buy foods at the supermarket, we buy into the use of chemicals on our planet and in our bodies under the guise of creating abundant, "cheap" food. But how cheap is it really? The real cost of industrial farming never shows up on the price sticker at the grocery store. The price does not show the money taxpayers pay for government subsi-

dizing of agribusinesses. The grocery store price also doesn't reflect how much we pay for our damaged health and weakened immune systems. It is almost impossible to measure how much we spend trying to clean up and cope with the environmental damage caused by chemical intensive farming, but in the U.S., it's estimated to be \$9 billion a year. We just cannot afford this "cheap" food much longer. Some people willingly pay the price for organic foods, seeing this as a charity donation—a way to support the health of the planet or the farmers who are trying to do right by the land and their communities. Other people see it as a kind of health insurance payment, recognizing that by ridding their bodies, and the bodies

of their children, of agricultural chemicals they may have fewer medical bills. The solution to the problem, of course is in the power of consumers. By purchasing organic and locally raised foods, we are forcing the corporations, some of which are the biggest names in agribusiness, to change their farming methods in order to capitalize on the fastest growing trend in the industry. You can vote with your food dollars for the type of food system you want to support in this country.

Adapted from *Harvest for Hope* by Jane Goodall

What I Learned at the Farmers' Market, submitted by Maria Sifniades

The other day my friend, Karen, turned to me and said that she's changed the entire way she shops and cooks food since she started going to the Farmers' Market. How so, Karen? Well, instead of wondering what to cook this week, I cook based on what's fresh in season at the market. I bet a lot of people's habits changed in a similar way since the market opened on last June 16, 2007 in Ringwood. Mine certainly have. And I came to thinking about how the market has served us in many other ways.

Lately, I noticed that I haven't been making my 25mile roundtrip drive to a specialty food market that I used to make at least once a week and also the once every two weeks 40mile roundtrip to a poultry farm for fresh chickens and eggs, since the opening of the farmers' market in June. I've been buying my veggies, eggs, cheese, meat, poultry, bread and fruit, among other things, at the market on Saturday morning. The only other items I really need from the store are milk and juice (and if my husband didn't insist on OJ we could've gotten by with the apple cider from the fruit stand) that I get from the local supermarket.

Thanks to the local farmer's market I

benefited because:

- ⊗ I save at least one hour drive a week
- ⊗ I save at least \$5 on gas a week
- ⊗ I prevent an average of 45 miles worth of carbon dioxide emissions from going into the atmosphere.

Since the food is locally grown, less fuel is spent to transport it to our neighborhood

Since the food is grown by small-scale producers locally, some using organic methods, there is less impact to the land and the environment from this small footprint farming.

Not to mention all the fun I'm having each week listening to live music while I shop, meeting all my friends and neighbors while I walk around eating my croissant and drinking my locally roasted cup of java. Did I mention that the food is also tastier and lasts longer?

The statistician in me can't help but do the math. There are an average of 568 visitors to the market each Saturday; wouldn't it be reasonable to say that, at a minimum, they are also saving the same gas and time as I am? Yes, I believe it would be very reasonable to say that. In my household we are only a family of

two, so I imagine larger families have to save, at a minimum, what we do.

Here's the numbers over the 23 weeks that the market has been running:

- ⊗ $568 \times 1 \text{ hour} \times 23 = 13,064$ human hours have been spared from driving
- ⊗ $568 \times \$5 \times 23 = \$65,320$ worth of gas has been saved
- ⊗ $568 \times 2 \text{ gallons} \times 19.56 \text{ lbs of carbon dioxide/per gallon} \times 23 = 509,496$ lbs of CO2 not emitted.

I can't believe it myself but after checking and double-checking, the numbers are still the same. I find it staggering that over the season over \$65 thousand in gas money was saved, that over 13 thousand hours were spared and that all that pollution was averted.

The bottom line is that a Farmers' Market is good for us in more ways than we realize.

Something to look forward to...

Opening day at the market is Saturday, May 31st and the season promises to be chock full of fun events. Here's a list of some of the things planned for this season! All dates are subject to change.

- ⊗ **May 31st**, Opening Day and Eat Local Day

- ⊗ **June 21st**, Get Out and Play Day and the 2nd Annual Garden Tour
- ⊗ **July 19th**, Taste of the Highlands
- ⊗ **August 16th**, It's Easy Being Green Day
- ⊗ **September 2^{0th}**, Wellness Day

- ⊗ **October 18th**, Harvest Day
- ⊗ Last Day of Market (TBA), Artisan Fair

Come join the fun!

Recipe Corner: Grilled Radicchio Salad with Pink Grapefruit, Pink Peppercorns and Garlic-Tarragon “Ranch” Dressing

This recipe comes from Eric Tucker of Millennium Restaurant

Serves 4

1 clove garlic, minced
2 teaspoons balsamic vinegar
2 teaspoons extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
4 heads radicchio, sliced in half lengthwise
8 ounces garlic-tarragon ranch dressing (see recipe below)
2 pink or ruby grapefruits, peeled and “supremed” (segments separated, white pith removed)
2 teaspoons pink peppercorns

1. You can grill or broil the radicchio for this recipe. If using a grill, light it to pre-heat. In a bowl combine the garlic, vinegar, olive oil, salt and pepper. Add the radicchio halves and coat with the marinade.
2. Grill or broil the marinated radicchio one minute on each side just to get a slight char and wilt the radicchio.
3. For each salad, mirror the bottom of a plate with about one ounce of the dressing. Place the radicchio cut-side up in the center of the plate and drizzle with more dressing. Arrange the grapefruit segments on top of and around the radicchio. Sprinkle with the pink peppercorns and serve.

Garlic-Tarragon “Ranch” Dressing

1/4 cup cashews
1 teaspoon Dijon mustard
2 cloves garlic, minced
2 tablespoons water
3 tablespoons champagne vinegar
1 scallion, minced
3 tablespoons fresh tarragon, minced
1 tablespoon fresh dill, minced
2 teaspoons light miso
1/2 cup extra virgin olive oil
Salt and black pepper, to taste

1. Combine all ingredients, except oil, salt and pepper, in a blender and blend until smooth.
2. With the blender running slowly add the oil. If the dressing is too thick, add another table spoon of water to thin it.
3. Adjust seasoning with salt and pepper to taste. Store refrigerated up to one week.

This recipe was demonstrated as part of the Market to Table events organized by CUESA, the Center for Urban Education about Sustainable Agriculture. www.cuesa.org.