



OPENING DAY
SATURDAY, MAY 31ST!

Ringwood Farmers'
 Market News

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MAY 2008

A PROJECT OF EAT LOCAL, INC.

Robert Erskine School Garden Success ...

The volunteers of Eat Local built and planted two garden beds at Robert Erskine Elementary School during the week of May 19th. Amy Jolin organized a partnership with the Erskine PTO and City Green, Inc., to purchase the wood and soil for the beds. The volunteers built two raised beds of 12 feet long. Sixty kindergarteners helped fill them by carrying buckets of soil to the raised bed. The children were delighted with the activity. The day was followed the next week with a planting activity in which the kindergarteners planted lettuce starts. After the plants have a

few weeks of growth, the classes will hold a salad feast in the classroom.

The volunteers of Eat Local also met with the third grade class at Robert Erskine. They began by increasing the plants in an established butterfly garden. The following week, they learned about semi-dwarf, disease resistant apple trees just before planting two such trees in the school grounds. The class brainstormed the advantages to dwarfing rootstock for fruit bearing trees. They discussed the marketing advantages of perfectly formed apples. Many realized for the first time that pitted and im-

perfect apples get made into applesauce.

The second graders got in on the action as well with a lesson in planting beans. Mrs. Fiore's class started their own bean sprouts when they made personal greenhouses with Ziploc plastic bags, wet paper towels, and dried beans. Then they tasted bean sprouts. ("These are delicious!") Finally, the class planted four rows of peas and bush beans in the school garden beds. The students were engaged and interested in the process of changing common beans into plants that will grow into bean plants.

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The team at Eat Local would like to thank the teachers, staff, and PTO members for their support in incorporating ideas of healthy food and horticulture into the curriculum. Together, our children will learn the importance of healthy foods for our bodies and for our world.



Students from Mrs. Odgers' third grade class planting the butterfly garden.

New Market Manager

Our final preparations are under way for the start of our 2nd season, and we've added two new faces to the market!

June Downey and Rich Ahrens have signed on with us to be our market managers. One of them will be there each week

and their job is to make sure things run smoothly. If you have any questions while you are at the market, they will be there to help. They will also be manning the manager's table where you can sign-up for our newsletter or to volunteer for the market, buy garden tour tickets or t-shirts, and

browse through current educational materials about the market. Also available at the manager's table this year will be recipes.

Stop by and introduce yourself to our new managers!

Vendor Spotlight... Walnut Grove Farms

Walnut Grove Farms is owned and operated by Barbara Roebuck and family. The Roebuck family has been involved in a variety of farming activities for over 50 years, having raised pigs, chickens, sheep, horses, and cattle. As public awareness for all natural products has changed, the needs for

naturally grown produce and meats also changed.

The Roebuck family through Walnut Grove Farms is committed to bringing you all natural fresh and preserved produce with the assurance that no pesticides or chemical fertilizers are used in the growth and harvest of their vegeta-

bles. In addition, Walnut Grove Farms offers all natural grass-fed beef raised on grass and hay grown on fields that have not had chemicals of any kind for 25 years. At the Ringwood Farmers' Market, Walnut Grove Farm will be offering certified organic produce, grass-fed beef,



maple syrup, pastured pork, and free-range eggs.

Check out more details about the farm at www.walnutgrovefarms.net.



RUG STOMP!

"What is a rug stomp," you ask?

Visit the market on June 14th for a Farmers' Market Rug Stomp. You'll see how to felt raw wool from the Snoep Winkel sheep into a thick felt rug. Bring your stomping shoes, because we'll need plenty of help with the stomp.

Get your Garden Tour Tickets!

Tickets for the 2nd annual Ringwood Garden Tour are on sale now at Curves in the Ringwood Plaza on Skyline Drive and at The Down Under Café in Fieldstone Plaza. Pre-sale tickets are \$20 and can also be purchased at the Farmers' Market.

On the day of the tour,

you can purchase tickets for \$25 at the Ringwood Farmer's Market or at Two Pond Farm in West Milford. Two Pond Farm is on the garden tour and is a great starting point for the tour if you live in West Milford.

Join us on **Saturday, June 21st from 10:00 to 4:00 pm** (rain date June 22nd). Peek behind

the garden gates of some of the most beautiful and diverse gardens in Ringwood on this self-guided tour.

Get your tickets now!

***Greeters Needed!** Would you like to help out with the Garden Tour in exchange for a free ticket? We need greeters to sit at each garden on the tour to check tickets and greet guests as they arrive. Please call Amy Jolin at 973-962-4864 for more information.*



Wild and Woolly Workshop... There Are a Few Spots Left!

Saturday, June 7th
10:00 till 1:00 pm

Join a workshop at Allison Hosford's Two Ponds Farm in West Milford to learn about processing wool from raw fleece into beautiful art. Cost is \$25. Contact Allison at: ahosford@juno.com to reserve your space.

Community Garage Sale

The Robert Erskine PTO is sponsoring the first annual Garage Sale on Saturday, June 7, 2008 from 9 am to 2 pm (Rain Date June 8). To reserve a parking space for your sale please call 201-803-9037 or email at roberterskinpto@yahoo.com.



Don't forget to bring your reusable sacks to the market and help to cut down on waste.

Recipe Corner... Garlic Scape Pesto Submitted by Fran Allen, Recipe Editor

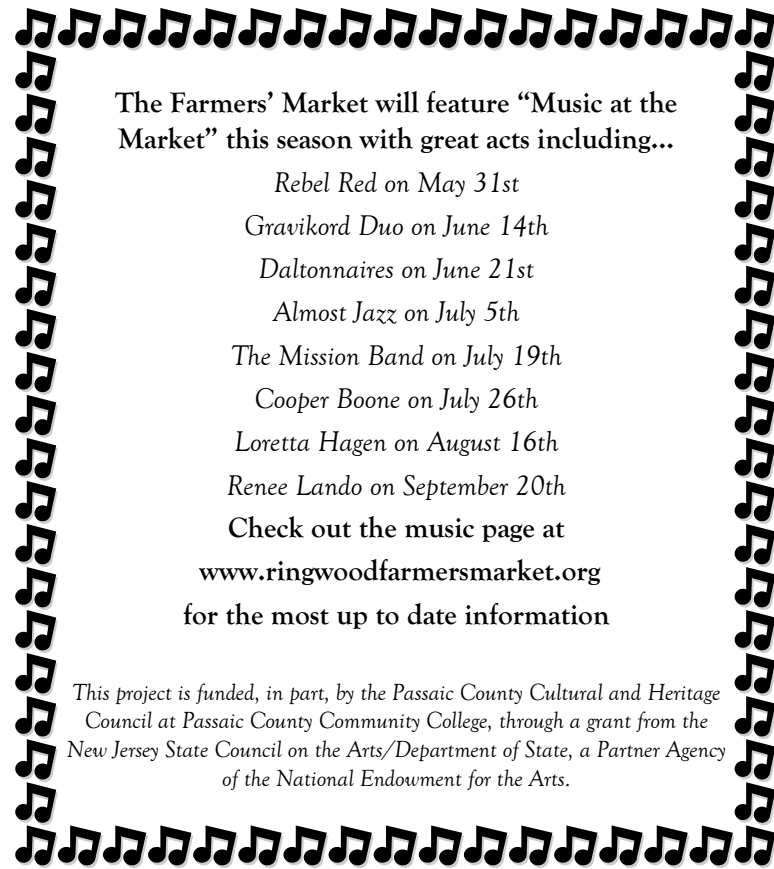
"What is a scape?" you ask? At last year's market scapes were in abundance, so we dug this tidbit up for your culinary enjoyment. Here's the anatomy lesson: Garlic and its relatives in the allium family, (leeks, chives, onions) grows underground, where the bulb begins its journey, soft and onion-like. As the bulb gets harder (and more like the garlic we know), a shoot pokes its way through the ground. Chlorophyll-green like a scallion (maybe even greener), the shoot is long and thin and pliable enough to curl into gorgeous tendrils. This stage of growth is the garlic scape, folks. If left unattended, the scape will harden and transform from green to the familiar opaque white/beige color of garlic peel. Keeping the shoot attached will also curtail further growth of the bulb. So, in an effort to allow the garlic to keep growing, the farmer brings to market this edible delectable that cooks are just beginning to discover.

Recipe Ingredients:

1 cup garlic scapes (about 8 or 9 scapes), top flowery part removed, cut into ¼-inch slices
1/3 cup walnuts
¾ cup olive oil
¼-1/2 cup grated parmigiano
½ teaspoon salt
black pepper to taste

Method:

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator. For ½ pound short pasta such as penne, add about 2 tablespoons of pesto to cooked pasta and stir until pasta is well coated.



The Farmers' Market will feature "Music at the Market" this season with great acts including...

Rebel Red on May 31st

Gravikord Duo on June 14th

Daltonnaires on June 21st

Almost Jazz on July 5th

The Mission Band on July 19th

Cooper Boone on July 26th

Loretta Hagen on August 16th

Renee Lando on September 20th

Check out the music page at

www.ringwoodfarmersmarket.org

for the most up to date information

This project is funded, 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.

Just the Facts, Ma'am...

- ⊗ The Ringwood Farmers' Market is held EVERY Saturday morning from 9AM— 1PM at the Ringwood Park and Ride, Rain or Shine.
- ⊗ The Park and Ride is located at Cannici Drive, next to the Ringwood Public Library and behind the Ringwood Commons Shopping Center.
- ⊗ Well behaved dogs on leashes are welcome at the market.
- ⊗ The market will be open every Saturday, Rain or Shine. The vendors will have tents to keep their products dry, all you need to bring is an umbrella to keep yourself dry!



"Freecycle" Opportunity...

We are looking for a few small wooden benches for the farmers' market to use when musicians are at the market. Have any you would like to get rid of? Please call Amy Jolin at 973-962-4864.

Calling All Non-Profits...

Skylands CLEAN, Paws to Read with Therapy Dogs, Rainbow Girls, Girl Scouts of America... What do they all have in common? They will all be at the farmers' market informing the public about what they do. Don't you want to be there?

We're inviting you to participate in the Ringwood Farmers' Market by hosting a table to promote your own nonprofit organization! We have set aside two tables at the market each Saturday for nonprofit organizations. The table may be used

for raising awareness, and recruiting members.

These two tables are offered on a first-come, first-served basis at no cost. To use the table, your organization must show proof

of general liability insurance.

If you are interested in being a part of the market, please call Teri Powers at (973) 962-0374 or send an e-mail to eatlocal@optonline.net