



Ringwood Farmers' Market News

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

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“Enchanting” Evening at the Harvest Celebration

On Saturday, October 4th, over eighty people braved the brisk fall weather to enjoy a local foods meal under a sparkling white tent decorated with white lights and harvest themes. The sold-out dinner was hosted by Eat Local, Inc., the Ringwood Farmer’s Market organizer, whose mission is to promote locally grown foods. The meal was prepared by Chef Frank at his restaurant, Harvest at Greenwood Lake.

A first for Eat Local, Inc., the dinner, chaired by former Mayor of Ringwood, Joanne Atlas, included food donations by our Ringwood Farmers’ Market vendors: squash, potatoes and onions came from Bialas Farm, apples came from Tree-Licious, bread was

baked by Janet’s Quality Baked Goods and flower arrangements from Nina’s Red Barn Farm.

The five course meal was expertly prepared by the chef and his former culinary students who traveled from far and wide to help create an amazing meal. The meal was served family style to local foods aficionados seated at long tables festively set with white linens and gleaming glassware.

Every morsel of the five course meal drew sighs of satisfaction from the crowd. Some people called it an enchanted evening, a celebration of the harvest, of our link to our planet, of our connection to the life cycle. The dinner was an affirmation of Eat

Local’s mission of the importance of supporting locally grown foods. It marks a successful second season of the Ringwood Farmers’ Market.

Amy Jolin, President of Eat Local, Inc., set forth the reasons she and her volunteer board are committed to their mission, including strengthening people’s connection to their food source and local farmers, promoting sustainable eating habits, teaching our kids how food grows and the variety of foods available through the “School Garden” project, and the community-building aspects of promoting locally grown foods.

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Cheryl Rogowski, the organic farmer of the Rogowski Farm in Pine Island, NY, and a strong presence in the Local Foods movement was the featured speaker for the evening. Farming the Legacy, a selection of a photo documentary by Matthew Novak, were displayed at the dinner. Renee Lando entertained the guests with her beautiful music throughout the evening.



“Some people called it an enchanted evening, a celebration of the harvest...”

See Here Now... submitted by Karen Marcus

When I was growing up in the 1950's, one of my favorite television shows was **Romper Room**, one of the first programs aimed at the preschool audience. With Miss Nancy and Mr. Do-Bee (a giant insect who reinforced good behavior) the show featured lessons and songs, all in my living room. At the end of each show, Miss Nancy's magic mirror would appear (it was actually a face sized empty frame on a handle). She would gaze into it and say, "Who do we see out there today? I see Mary and Bobby and Michael and Susan...and Oh! I see you!" She would look right at me and smile. I might have reached out and touched her, but the screen got in the way.

Today, I go to the Farmers' Market to see people; real people in real time, not through the veil of technology. I love seeing and being seen face to face in the hot, steamy July sunshine and sometimes, in the September hair frizzing drizzling rain. There are few cell-phones and no laptops in sight. This is not the experience I have in the Stop and Shop where cellphones and headsets are attached to ears in every aisle.

The mantra of "be here now" is my mode of operation at the market, as I see my friends, neighbors and some amiable strangers. Where else could you have interactions like this one in line recently at Bialas vegetable stand?

Clueless Karen: Excuse me, what will you do with those leeks?

Marketeer 1: Oh! I'll cut them up and use them in a stir fry with garlic. They're like yummy onions.

Marketeer 2: I braise them in chicken broth and throw some cooked chicken in at the end. Don't buy the fat ones, the slender are the tastiest.

It doesn't end there: over the corn there is a discussion of sweetness and color; then by the tomatoes, a confit conversation breaks out. Interesting exchanges ensue about whether eggplant should be roasted or fried. I want

to stay all morning and document the recipes and usage stories but my arms are tired under the load of my purchases. Suddenly, my head is stuffed with vegetables. Do I have too much for this week? What about my plan to try a new green each week? I eye the leeks and then in a moment of impulse, pick them up and add them to the pile.

The chore of food shopping has been replaced by community, and the joy of the market people. I now have a two tiered approach to Saturday morning. First, meet and greet. Then stop and shop, and I don't mean the one up the hill!

Vendor Spotlight... Hello Soap!

Have you checked out the artisan soaps at the Hello! soap booth yet? Meet Daniela, owner and artist. She first learned how soap was made in a chemistry class at Rutgers University. The project has turned into an artistic outlet and a blooming small business. Daniela creates some of her soap in long loaves. The loaves are often decorated with natural herbs and clays and scented with pure essential oils. Then she cuts off slices for

sale that look good enough to eat. Indeed, many of her products recall an elegant pastry shop. Check out her Sudmuffins, an effervescent bath cake with solid soap "frosting." Although the soaps are elegant enough for gift-giving and guest bathrooms, they are long lasting and practical enough for everyday.

Furthermore, Hello! is soap with a conscience. The ingredients used are often

organic and fair trade materials. A portion of the profits are donated to the Sumatran Orangutan Society (<http://www.orangutans-sos.org/>), pioneers in conserving natural habitats in Indonesia. This cause is particularly relevant to the soap industry as many soaps use products from sources that despoil the orangutan habitat.

Hat's off to Hello!



See the varieties of soap that Hello! has to offer.

Market Images... submitted by Maria Menico Sifniades

At the kitchen sink, where I rinsed the long-stemmed greens of my golden beets, in front of the refrigerator, where I stored my red-leafed lettuce and arugula, the morning's images from the Farmers' Market replayed in my mind. Vivid with life, they tugged at me like stubborn children, begging me, pulling my sleeve, cajoling me to set them down on paper.

As best I can, I write. I write about the small, brown-haired, girl who ran

into Janet's arms at Janet's Baked Goods. She greeted Janet with the love and joy of a child grateful, because she cared so much that she made it possible for her to be just like any other child and enjoy pastries and cookies free of the ingredients that produce her allergies. Janet gathered her in her arms and asked her about her summer.

I write about the boy, I'd say about nine, playing his fiddle to raise money for mosquito nets to help people in Africa, a world away, as the seven-

teen-month-old baby granddaughter of my neighbor swayed her little body to the rhythm. Her blond, feathery hair blowing sweetly in the breeze, right in front of Nina's Red Barn Farm booth with the yellow chrysanthemums, she danced with abandon.

A happy child, a violin-playing boy, a dancing baby. All in all, I'd say it was a fine morning's worth of images to nourish me until next Saturday.



Gene Giordano and his violin student, Keelian Kraetschmer playing to raise awareness and money for families in Africa affected by Malaria.

Taste Test Tuesdays...

Teachers eating apples. Principals eating apples. Kids eating apples. What could be better on a September afternoon?

On Tuesday September 23, the members of the Robert Erskine PTO and the board of the Ringwood Farmers' Market teamed up to sponsor a Taste Test Tuesday. On the play-

ground during recess, they offered students a taste of four types of apples. Each student considered the flavors and chose their favorite. The overall winner of the taste test was the Honey Crisp apple, which beat out Cortland, MacIntosh, and Gala.

The sponsors designed the event to plant the seeds of

understanding about biodiversity and food security. Students clearly gathered the differences between the apple varieties. They were surprised at the different flavors and chose their favorite carefully. The team plans a repeat visit in Early October - this time with pear varieties. Stay tuned...



Apple Tasting Table at Robert Erskine School.

School Garden Update... submitted by Amy Jolin

On Monday, September 15th, the team from the Erskine PTO and Eat Local helped Mrs. Schouten's first graders start a fall garden in the Erskine school garden. The children pulled the dead plants and weeds from the soil. They discovered that several radish plants had gone to seed. They pulled the radishes, and harvested their seed pods. The radish

seeds will be dried and saved to be replanted in the spring. The children used hand trowels to loosen the soil. They discovered the creatures living in the garden, including spiders, grubs, worms, and insects. They created a plants-only compost heap, and marked it with a sign next to the garden. Finally, the children each planted three spinach

seeds making a total of three rows. The class will watch the growth of the spinach and when it's ready, they'll harvest the fall crop and enjoy a healthy feast. Third graders in Mrs. Odgers' class planted a fall crop in the butterfly garden. The children learned how to prevent erosion on slopes and how to enrich the soil with a

"green manure" crop, winter rye. In the spring, the rye will be cut, and the roots will be permitted to rot into the soil, adding vital organic matter to the sunny butterfly garden. The children discovered new caterpillars munching on parsley. They released milkweed seeds into the wind, and they observed other garden residents, such as spiders, birds, and ants.

CSA Opportunity...

This Winter, Let Bialas Farms be your root cellar! With the end of market days quickly approaching, we invite you to extend the farm season with our 2008-2009 Winter CSA. Sign up now and you can have wonderful Bialas Farms vegetables all winter long!

CSA stands for Community Supported Agriculture. Community members purchase a "share" at the beginning of the season, then join us twice a month through the winter for a portion of our farm's vegetables. For our winter CSA, we will have many "storage crops" which hold up well after harvest using time honored storage tech-

niques. We also plan to have some greenhouse items, and some fresh from the fields, for as long as the weather cooperates! Availability of each item will vary depending on weather, growing conditions and crop yields. That is part of the CSA understanding, you get a share of what we have available.

Pay now for your veggies, then come to our farm on the pick-up dates (2 per month) to pick up a beautiful assortment of seasonal produce. The CSA will run from Nov. 2008 – Feb. 2009 (8 dates) and cost \$160 per share.

For more information about the CSA, including the types of vegetables you can expect, go to the [Bialas Farms](http://Bialas Farms website) website.

We are trying to get together 8 shares from the Ringwood/West Milford area to help share with the pick-ups. If you are interested, please send an email message to eatlocal@optonline.net. Hurry! Shares are going fast!

Recipe Corner... from Bialas Farms

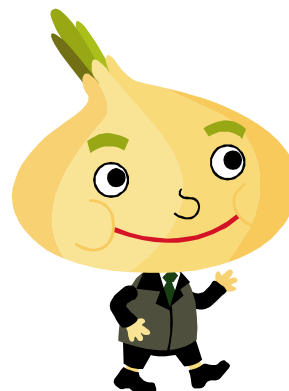
Kasha's Potato Leek Soup

8 c Chicken or Veggie Stock
5 c Peeled and diced Yukon Gold Potatoes
1 Leek, thinly sliced
1 rib Celery, thinly sliced
Olive oil and butter
1 Can Evaporated Milk (reg or skim)
Salt and Pepper to taste
Celery seed or Tarragon

Cook potatoes in stock until tender but not mushy (10 - 15 min, depending on size). Meanwhile, cook leeks and celery over medium heat in equal parts butter and oil until soft, about 10 min. When potatoes are done, stir leeks and celery into broth. Add the evaporated milk and heat through. Stir in seasonings. Garnish with crisp fried leek or fresh celery or tarragon leaves.

*If you want a thicker soup, use a roux (1/4 c flour and 1/4 c butter) or a slurry (1/4 c cornstarch dissolved in cold water).

*You can also puree this soup partially or completely, depending on your tastes.



**November 1st is the Last Market
of the 2008 Season!**