

The Ringwood Farmers' Market

Market

Bites



A project of Eat Local, dedicated to bringing local foods to Ringwood.

Volume 1, Issue 8, July 30, 2008

Learn to Can Your Tomatoes...

Eat Local is sponsoring its first ever Tomato Canning Class at the Weis Ecology Center on Thursday, August 21 from 2:00 to 3:30. Katie Hayes, from Sustainable West Milford and *Canner Extraordinaire*, will demonstrate the canning technique. Students will leave with a quart of canned tomatoes. The cost of the workshop is \$20.00. Spaces are limited, so reserve your spot at the managers' table soon!

And while we're speaking of tomatoes... don't forget our "Biggest Tomato Contest" for the month of August! Stop by Nina's Red Barn Farm booth or check out our website at www.ringwoodfarmersmarket.org for more details.

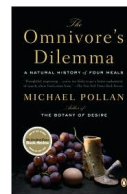


Park & Ride Beautification...

The bus circle is in full bloom! We need some volunteers to help weed and mulch the Bus Circle Garden on Saturday, August 16 at 9am. Come join the fun!

Eat Local Book Club

Eat Local has started an on-line book club featuring monthly selections on mindful eating and living. The first selection is Michael Pollan's *The Omnivore's Dilemma*. Discussion groups will begin on line in September. To join the book club, please go to our website at www.ringwoodfarmersmarket.org and click on the Yahoo! link in the center of the page. Tell a friend!



A Stone Soup Bowl...

Check out the Soup Bowl Project at the Farmers' Market tomorrow. Volunteers will be crafting clay bowls as part of a fundraiser to support the School Garden project of Eat Local. Kids and adults alike can roll out a slab of clay and shape it into a bowl. Later it'll be glazed and fired. In September, we'll sell the Soup Bowls filled with homemade soup. All proceeds go to benefit Eat Local's School Garden initiative.

Join the project by making a bowl for free. Or, pay \$10 and we'll make sure you get your own bowl to glaze and eat soup from.

At the Market this Week...

- ☉ Walnut Grove Farm will be at the market with a delicious selection of baked goods, grass-fed beef and other tasty treats. Stop by and see what you can take home!
- ☉ Snoep Winkel Farm had chickens butchered this weekend and will have them at the market.
- ☉ The Master's Garden will be at the market with a number of plants in a variety of colors and textures for the shade garden including, Japanese painted fern, Autumn fern (copper new growth), Tiarella (foam flowers, great fall foliage), Orange heuchera (coral bells), Deep burgundy heuchera (coral bells) and Japanese forest grass. She'll have a few sunny perennials as well! And don't forget to bring your gardening questions to Debbie—she loves to share her knowledge!

Help wanted... Eat Local is seeking a treasurer to pay bills, keep the books, track expenses and do payroll. Interested? Call Amy Jolin at (973) 962-4864. This is a volunteer position.

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