

The Ringwood Farmers' Market

Market Bites

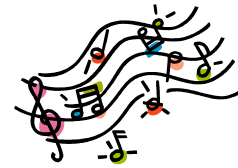


A project of Eat Local, dedicated to bringing local foods to Ringwood.

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Don't Forget...

- * There are still a few spots open for the Tomato Canning Class being conducted at the Weis Ecology Center on Thursday, August 21 from 2:00 to 3:30. Reserve your spot at the managers' table at the market.
- * There is a rumor going around that there will be two BIG entries in the "Biggest Tomato Contest" this week, so stop by Nina's Red Barn Farm booth to check them out!
- * Eat Local has started an online book club and the first selection is *The Omnivore's Dilemma*. Sign up for the group through our website at www.ringwoodfarmersmarket.org.



Music at the Market

This week Loretta Hagen is joining us for your listening pleasure. Find out more about Loretta's music at www.lorettahagen.com.

At the Market this Week...

- * **Snoep Winkel Farm** is having a chicken sale! Buy two or more roaster chickens and get 5% off your total chicken order.
- * **Janet's Baked Goods** will have "fresh peach crisp" made with local peaches! Their new muffins are a mixed berry muffin made with local fresh "blueberries and blackberries" again we are using local berries, and local eggs!
- * **Hello Soap** is bringing two special soaps to the market this weekend. One is a Shea butter soaps scented with Bulgarian Lavender, Rosewood, and Rose Absolute. The other is a whopping 20% Shea butter scented with Chamomile and precious Neroli essential oil. They'll both be available by the slice this weekend!
- * **Nina's Red Barn Farm** is harvesting honey this week from their hives and will have it available for sale in 1 LB JARS Many locals have been seeking truly local honey to combat seasonal allergies.

Calling School Garden Enthusiasts...

The Eat Local Team is making plans for building and supporting school gardens at Ringwood's schools. The gardens are designed to teach students about healthy food and where it comes from. If you are interested in participating in the project, please contact Amy Jolin at amyjolin@optonline.net.

Volunteers will help build gardens, develop teacher plans, and lead student groups in the garden to plant, read, and learn where healthy food comes from.

Park & Ride Beautification Update...

This Saturday, the Farmers' Market a several other scout friends are meeting up at the Bus Circle Garden for a "One-Hour-Weeding Fest." The task will be to tidy up the rampant August growth among the herbs and shrubs. Not hard, but very necessary. Please feel free to join the fun at 9 am at the Bus Circle at the Park and Ride.

Rain, snow, sleet, thunder, etc. cancels. Please bring gloves or other weeding equipment. We'll keep the activity to an hour, and will pat ourselves on the back for a service project achievement.



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