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FARMERS' MARKET AT THE X



ASPARAGUS IS HERE!

EVERYTHING IS LOCAL

Asparagus is low in calories and can be steamed, stir-fried, roasted, made into soup, used as an appetizer and more.

EVERY TUESDAY MAY THROUGH
OCTOBER, 12:30-6

Congratulations!

Dale and Mike Smyth are grandparents again.

Ashley & Peter Smyth are parents of another boy whom they have named Chad in honor of the soldier who saved Peter's life when he was in Iraq. Henry, age 2, Chad's brother is often at the farm (Trinity) helping with the cows. Welcome to the world Chad!

Terry Atkinson

Dr. Cookie has earned her undergraduate degree at Antioch College in Keene. Now she is hoping to find a position as a teacher.

Susan Chicoine

Susan Chicoine, Chicoine Family Farm, has been accepted into the nursing program at Holyoke Community College for the fall.

Congratulations

Everyone!

ORGANIC, PESTICIDE FREE, CONVENTIONAL?

There is sometimes confusion about the meaning of organic, pesticide free, and conventional. Then you can throw integrated pest management into the mix and be more confused.

In the simplest terms organic farming is a form of farming that uses no artificial chemicals or GMOs (genetically modified organisms.) There is a certification process involved to be certified organic and a farm may not use the term unless

they are certified. A farm has to have been farmed organically for at least 5 years before they qualify for certification.

Pesticide/herbicide free is just that--the farm does not use any artificial pesticides, or herbicides. If they aren't certified, they can't say that they're organic, but they may do everything the same way that a certified farm does.

There is a cost involved that some small farms don't want to incur. Certification insures that all of their practices are organic

Share your favorite ethnic recipes with the market manager, and we'll put them together for everyone's enjoyment. Just drop them off at the market table with your name on the recipe.

Integrated pest management is another way to use fewer pesticides. IPM uses various means to either keep the insects away, or uses ways to utilize "good" bugs to eliminate the "bad" bugs.

Conventional farming uses commercial pesticides and herbicides. Today many conventional farmers are trying to use as few of these products as possible.



Have you heard the term Locavore?

A locavore is someone who eats food that is grown or raised within a 100 mile radius of their home. At this time of year and for the next many months, it isn't that hard. Even at our modest market we have meat, dairy, baked goods, produce, honey, maple syrup and more that is grown or raised locally. While the baked goods are baked locally, the ingredients most likely aren't from local farms as not much wheat and oats, etc. are grown locally. But--they are from local people, so I think that counts.



A Banner Year!

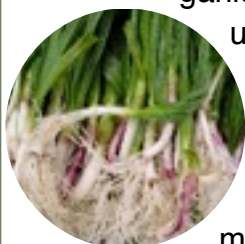
Last year was a terrific year for the market. Almost every vendor's sales were up. I think

that it has to do with several factors: There is a lot in the media about the benefits of buying locally grown. It helps the environment, it preserves family farms, the food is more nutritious because it's fresher, and it tastes great. A farmers' market is a community space. Look around when you are here and you will see many people greeting each other with hugs, and standing around to chat for awhile. Food safety is certainly a concern, and food that is not from a factory farm is less likely to be contaminated. And, back to the taste. Once someone has been to a farmers' market and tried some of its offerings, they most likely return again and again.



Green Garlic

Green garlic looks like a scallion, but it is definitely garlic. Perhaps you tried the two dips that were at Red Fire Farm last week that were so deliciously garlicky. Green garlic has lots of uses. Chop some up (you use the whole stalk) and use in stir-fries. Or make soup.



Saute it with some onion and cook until it is soft, add chicken

or vegetable broth along with a potato which will thicken it, cook until the potato is soft, cool and then puree. Add milk or cream if you wish. Add salt & pepper. Eat hot or cold.



Agriculture in Massachusetts grew from 2002-2007

According to the USDA, Massachusetts agriculture grew by 27% both in crop and livestock sales, and in the total number of farms. The market value of production jumped from \$384 million, to \$490 million. Direct sales also showed a significant increase. The USDA also reported that income generated from tourists visiting Massachusetts farms, known as agritourism, leaped from \$665,000 in 2002, to \$5.3 million in 2007. The number of women farmers grew from 21% to 29% in the same time frame. The number of farms across the region also rose. Massachusetts has the second largest number of farms in the region, behind Maine. Farms are critical to maintaining open space, providing fresh produce, and to reducing our carbon footprint. **Farmland acreage stabilized in 2007 for the first time in history.**