

Farmers' Market at the X



Belle Rita Novak, Market Manager

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The Market is Bustling

The sunshine sure brings out the customers. Warmer weather makes those of us who like to plant things get in the mood to do so. Also, we are all craving fresh vegetables and some of them are at the market already. Asparagus has a few more weeks 'til it's done. Beets, carrots, lettuce, radishes, mesclun mix, rhubarb, turnips, spinach and more is now available. If it's grown locally, we'll have it in season.



Now is a good time to plant perennials. Two of our vendors, Christine Orłowski (Orłowski Farm) and Faye Omasta (Hickory Dell) can advise you as to which plants would be best in your

garden. Both have many years of experience with plants. They might even be able to tell you the Latin names of them. The Master Gardeners are also very helpful.

Many Summer Internships are Going Organic

According to an article in the Sunday (May 24th) NYTimes, many college students have applied to be interns on farms. They are part of a new wave of liberal arts students who are heading to farms as interns this summer, in search of both work, even if it might pay next to nothing, and social change. According to Katherine Adam who runs the National Sustainable Agriculture Information Service, financed by the Dep't. of Agriculture, said 1400 farms sought interns this year, almost triple the number two years ago. The number of small farms

has grown sharply since 2003. Read the whole article online, it's very interesting.

How Many?

There are 2300 varieties of hosta plants, and over 5,000 varieties of apples.

EBT/Debit/Credit/Gift Certificates

Apologies to the woman who wanted to use her EBT card last week. I couldn't get the machine to work, but was able to after contacting our sales rep. If you run out of cash, or you don't want to use a check, come to the market table and I can run your debit or credit card through our wireless transfer machine, and give you tokens which you use just like cash.

You can purchase a gift certificate from the market also. It's a great idea for anyone who already has too much "stuff." Everybody eats. Each certificate is made out to one vendor only, so that when they get it they know that I've already paid them. I give them the money right away.

This 'n' That

If you use yogurt or sour cream in pancake or waffle batter, you will have light, fluffy pancakes or waffles. This batter is so easy to make from scratch, don't bother to buy it ready made. Just look up a recipe in a cookbook. Flour, baking powder, baking soda, sugar, eggs, and yogurt or sour cream. I made waffles yesterday and used local eggs and I couldn't get over how yellow the batter was.

It's tag sale season and I see signs left on trees and poles. Pull them down please even if they're not yours. And, if you can, take down those hideous signs that say "we'll buy your house," etc. They are illegal and unsightly. Use a long stick such as the kind you use with a paint roller. When you whack them from behind, they usually come off.

Our vendors very generously donate surplus produce each week to a local food pantry. This is done throughout the country. Millions of pounds of produce that would be thrown away is utilized which not only provides delicious food to folks who may not have access to such fresh produce, it also extends the budget of the places that receive it. Thanks for your generosity.

Bees



More than 1/4th of the human diet is derived from plants pollinated by honey bees.

Bees play a critical role in healthy wild plant communities and gardens. Providing bee habitat in your yard can increase the quality and quantity of your fruits and vegetables. Bees are attracted to most flowering plants, and are especially attracted to blue and yellow flowers. Try planting species that flower in the spring, summer, and fall. If you have a bird bath keep it clean and filled with clean water. Bees will drink from that also.

Don Mayou, our "honey man" is coming to the market every other week this year.

Stanley Park Concert Series

Every Sunday evening at 6, there is a free concert in the Beveridge Pavilion. Chairs are provided. There is another pavilion nearby, so bring your supper and have a picnic as well. The concerts go through September 6th and go on rain or shine. Stanley Park is in Westfield.

Keep our Streams Clear

Storm drains lead to fresh water!

- Never throw litter down into storm drains. Keep catch basins free of debris and leaves.
- Avoid use of fertilizers. If needed, use organic fertilizers. Sweep, do not wash any fertilizers or soil off driveways and walkways.
- Minimize use of pesticides and herbicides. Use natural alternatives. Trim grass and

remove weeds by hand without herbicides.

- Don't allow soil, leaves, or grass clippings to accumulate on your driveway, sidewalk or in the street. Compost yard waste and use on your soil.
- Dispose of pet waste by flushing it down the toilet, burying it, or discarding it into a plastic bag and place in your trash.
- Never pour used motor oil down the drain. Take it to a local service station to be recycled.
- Take used anti-freeze to a service station for recycling. Never mix anti-freeze with any other substance.
- Donate old paint to local groups. Dispose of oil and lead based paints at the designated household hazardous waste collection center, Bondi's Island Landfill. Appointments are available by calling 787-7840.
- Do not pour hazardous waste down any drain or discard with regular trash. Contact above number to learn how to properly dispose of hazardous waste. Use natural or less toxic alternatives.

Neighborhood Police Meeting June 3rd

7 PM, Sinai Temple, 1100 Dickinson St., This is for Forest Park and East Forest Park neighborhoods. Everyone is welcome. Come and air your problems, or just learn what's going on.