



# WHAT'S FRESH

A NEWSLETTER TO CONNECT LOCAL GROWERS AND CONSUMERS

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## Vendor of the Month

# Nostalgia Farms

The only thing constant at Nostalgia Farms is change. Ed Kraklio and Joe Dennis started by selling baked goods and vegetables, supplementing with locally grown produce from other farmers. Now 14 years later, Nostalgia Farms is known for the variety of crops and products they sell at the Freight House Farmers Market. One of the key features of Nostalgia Farms is the use of high tunnels to extend their growing season. Most of the year (with the exception of December and January) Joe and Ed offer an variety of greens rarely found locally. The seasonally poor selection in local grocery stores and the USDA's push to expand growing opportunities inspired their growing plan to provide even more fresh produce in the winter months. Collards, mustard and turnips greens are favorites of theirs along with a constantly changing variety of lettuces and spinach. So when you are craving

a fresh, local, naturally-grown salad in March or strawberries in early May see Ed at the Freight House Farmers Market.



## QC Botanical Sunday Market

Reborn from another market at the same location the Botanical Center Market has taken the bold move of starting the first Sunday market in the Quad Cities. With its location in Rock Island next to the QCCA center it is positioned to take advantage of both the Sunday families going to the Botanical Center and the special shows at the QCCA. The Loop buses are planned to stop every 20 minutes making it easy for residents and visitors to stop at the market. The yearly fee is \$75 for every Sunday, May through October, with a daily rate of \$15. Contact Megan Cooper at (309)794-0991 x25 for more information.



## BFBL and RC&D Reach Agreement

Buy Fresh Buy Local has entered into an agreement with the Interstate RC&D to allow us to use their 501(c)3 status. This will allow BFBL to seek grant money only offered to 501(c)3 non-profits. Although BFBL has always been and always will be a non-profit we have never been large enough to manage the administrative work required to keep up a 501(c)3 status, so this benefit will allow us to continue to focus on supporting and promoting local food while leaving some of the administrative work to those better suited.

# 501(c)3

**News Articles** Do you have something that might be helpful to other growers or of interest to our consumers? Please submit your articles and ideas to Phil Crandall or Myra Roelens.

Buy Fresh Buy Local  
%Phil Crandall  
P.O. Box 4512  
Rock Island, IL 61201

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# We Feed The World

Produced in Austria with locations in South America and throughout Europe, this subtitled documentary vividly portrays how agriculture subsidies have warped the world wide food system.

The US and the European Union subsidize agriculture to the tune of 349 billion per year. Although this seems like it supports the farmer it just makes the

local farmer unable to compete with the large mega producers. It is easy to get wrapped up in thinking the US food system is in chaos but it is truly a world wide problem. This documentary presents an international view of agriculture giving us a more global perspective. Interviews with the CEO of Nestle and Jean Ziegler, the UN Special Rapporteur on the Right to Food, help make this a movie worth seeing. Check it out from your local library.



## Cooking

# Honey-Glazed Carrots

- 3 cups sliced carrots
- 1/4 cup honey
- 2 Tablespoons butter
- 2 Tablespoons chopped fresh parsley
- 1 teaspoon Dijon mustard

Bring a saucepan of salted water to boil over high heat. Add carrots and return to

boiling. Reduce heat, cover and cook 10 minutes or until tender. Drain carrots. Return to saucepan, stirring in honey, butter, mustard and parsley. Cook and stir over low heat until carrots are glazed.

Makes 6 servings

## All Aboard the Food Chain

Named the Ag/News Show of the Year by California's legislature, The Food Chain challenges us to think about the problems facing today's agriculture.



Michael Olson, the host, plays "devils advocate" by asking provocative questions such as: "Will farmers earn enough to grow our food?", "What will the Food Safety Totalitarians allow us to eat?" and a current concern "Should we have the right to eat raw?". Go to [www.metrofarm.com](http://www.metrofarm.com) and be prepared to look at all sides of the issue.

### Buy Fresh Buy Local Newsletter

Editor Phil Crandall  
 (309)799-7420  
[pcrandall@crandallfarms.com](mailto:pcrandall@crandallfarms.com)  
 Reporter Myra Roelens  
[hope\\_farm\\_produce@yahoo.com](mailto:hope_farm_produce@yahoo.com)  
 Membership Cathy Lafrenz  
 (563)282-4338  
[cm Lafrenz@netins.net](mailto:cm Lafrenz@netins.net)  
 Food Editor Emily Oman  
 (715) 587-3140

## Farmer's Market on the Square

Applications are now being accepted for vendor space at the new Homegrown Farmer's Market on the Square that will take place on Wednesdays, May 5 - October 27 from 2:30 - 6:30 p.m. at the Rock Island County Extension Parking Lot. We are seeking producers who will offer locally grown fruits, vegetables, baked goods as well as hand-made crafts produced within a 100 mile radius. The \$75 fee is



refundable in full or part at the end of the season depending on your participation. (If you come 100% of the time you will get 100% back, 75%, you get 75% back, etc.) Any vendors who do not meet the qualifications will be refunded their \$75 fee. For more information <http://webs.extension.uiuc.edu/rockisland/>

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