



WHAT'S

FRESH



A NEWSLETTER TO CONNECT LOCAL GROWERS AND CONSUMERS

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2011 Earth Week Fair

Make plans now to attend the 2011 Earth Week Fair at the QCCA Expo Center, 2621 4th Avenue, Rock Island. On Saturday, April 16th the Fair is open to the public from 10a.m. to 4 p.m. and admission is free of charge. The first 200 adults through the door receive a reusable grocery bag and sightseeing tour gift certificates. In addition to interactive booths from various environmental professionals, there will be three green lifestyle workshops for adults on various environmental topics. More information at www.qcearthweek.org.

Easter 2011

It was traditionally forbidden to eat eggs during the fasting period of Lent. This is why we celebrate Pancake Day which uses up the eggs in the household prior to Lent. Easter Sunday marks the end of Lent and being able to eat eggs again. Easter 2011 is April 24th

<http://www.apples4theteacher.com/holidays/easter-religious/when-is-easter.html>

Gardening Tip

Growing Cole Crops (Broccoli, Cauliflower and Brussels Sprouts) this year? Be prepared for cabbage caterpillars. Make your own spray using onion and cayenne pepper added to water. Fresh hot peppers will work too. The hotter the better. Puree them in a blender with water. Strain and place in spray bottle. Spray on any plants you want to protect. Reapply after rain.

Buy Fresh Buy Local Newsletter

Editor Phil Crandall

(309)799-7420 pcrandall@crandallfarms.com

Reporter Myra Roelens

Hope_Farm_Produce@yahoo.com

Membership Cathy Lafrenz

(563)282-4338 cmlafrenz@netins.net

Vegetable Gardening Boot Camp

May 1st, 10 a.m.— 3 p.m.

Plan to attend the 2nd Annual Home Grown Challenge Vegetable Gardening Boot Camp at the Milan Community Center. This seminar will help you take your food production gardening to the next level! Renowned experts will give sound advice on how you can maximize your vegetable and fruit crops to get the most out of your garden.



Presenters and Topics:

Charles Voigt - State vegetable and herb specialist from the Department of Natural Resources and Environmental Studies, University of Illinois will present various aspects of planning, preparing, planting and caring for your vegetable garden.

Duane Friend - Natural Resources Management Educator, University of Illinois Extension will present: Improving Garden Soils - reviewing methods of improving soil tilth and fertility. Soil amendments, plant nutrients, fertilizers, and drainage will be discussed. Irrigation Methods - an examination of the new types of irrigation methods that make more efficient use of water, including drip emitters, micro-sprinklers, and watering strategies.



You can register online at:

<http://web.extension.illinois.edu/rockisland/> or call the Rock Island County extension office at (309)756-9978 The cost is \$25 and will include a box lunch.

News Articles

Do you have something that might be helpful to other growers or of interest to our consumers? Please submit articles and ideas to Phil Crandall or Myra Roelens at bfblqc@bfblqc.org

Light Deviled Eggs

Ingredients:

4 hard boiled eggs
 4 Tablespoons light cottage cheese
 3 Tablespoons low fat mayo
 2 Tablespoons chopped chives
 1 Tablespoon of pickle relish
 Paprika for garnish

Peel and slice boiled eggs in half, gently remove yolks. Place egg yolks and remaining ingredients in bowl, mashing until completely mixed. Divide mixture into egg white halves and sprinkle with paprika.



Cost-Share Assistance Available

Illinois producers and handlers who obtain or renew their USDA organic certification before



Sept 30th, 2011 can apply for reimbursement of 75 percent of certification costs up to a maximum of \$750. The funds will be distributed on a first-come, first-served basis until funds are exhausted.

The assistance comes from the USDA's National Organic Certification Cost-Share Program. Applications are accepted through Nov. 1st, 2011 and can be obtained by calling the Bureau of Marketing and Promotion at (217)524-9129 or visiting its website at www.agr.state.il.us.

"The Old Time Natural Hive"

ZAN ASHA ~ 3rd generation beekeeper, trained by her mother. She has been featured in the NY Daily News, The Bronx Free Press, and is currently one of those featured in the new film "Queen of The Sun". Her method of beekeeping enforces NO HARD CHEMICALS, working on the BEE's natural cycle and "thought" processes, and working with the seasons. A presentation will be held May 2nd from 6:30-8:30 p.m. Cost is \$50. ZAN will also be teaching a cooking class with honey on May 3rd from 6:30-8:30p.m. for \$25.

Contact Cathy Lafrenz at cmlafrenz@netins.net for more information.



Come stroll the gardens of Seeded Earth!

The spring ephemerals, tulips, daffodils, hyacinth, and many others will be blooming beautifully amongst the rising foliage of the many {many!} hosta. There will be



beautiful bouquets and arrangements, various perennials, iris, hosta, herbs, annuals, tea towels, shirts, quilts and other



handmade items available to purchase. Savor the sweetness



of spring at

[Seeded Earth's Spring Garden Stroll!](http://www.seededearth.org)

Saturday, April 23 · 9:00am—5:00pm
 1918 Tucker Ave
 Muscatine IA 52761



Go Green

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