



What's Fresh

Buy Fresh Buy Local of the Quad Cities

Volume 1, #6 December 2009

"A newsletter to connect local growers and consumers"

'Tis the Season

It's time for the holidays and everyone is thinking about what gifts to give. Hopefully they are thinking something special AND local. With



the year round farmers market at the Freight House, the West Kimberly Market and the Mississippi Valley



Growers Association at the Isle of Capri they have many choices. The great thing about getting that gift from a local vendor is that helps to keep our dollars right here in the Quad



cities. The indoor markets have a huge variety of gifts for everyone on your list. Most gifts are under \$10 so they are easy on the budget as well. Maybe you just want to make sure that dinner is perfect and hassle free. Be sure and



stop by for your baked goods. Ordering in advance is a sure way to make sure you can get your favorite pie or bread.

And of course remember with cold frames and green houses, fresh vegetable and greens are available much longer, so although the growing season has officially ended, you can still find your favorite greens at the market!



Technology Focus

Iowa Produce Market Potential Calculator

The harvest is in and it is time for a well deserved break! Ok break is over.

Many of us are already thinking about next years crop and how we might change our operation. The Leopold Center for Sustainable Agriculture has come up with a market potential calculator useful in comparing supply with demand and deciding if expanding is feasible. Check out <http://www.ctre.iastate.edu/produce/> and decide for yourself.



Thumbs Up!

This month our thumbs up goes to Katy Geest who has served on the BFBL board several years, most recently as treasurer. Katy has decided to "let the younger crowd" take over while she takes a few well deserved years off to focus on farm duties.



Vendor Spotlight

The Bakery

Started during the flood in the Spring of 2008 The Bakery has been delivering local baked good to an admiring public ever since. This October Rhonda expanded her space and has given up her 2nd job to devote full time to her baking. Rhonda and her son, Phil, can be found year round on Tuesdays and Saturdays inside the Freight House Farmers Market. Order ahead at 563.322.6149.



Buy Fresh Buy Local Election

And the winners are! The election results are in and the new board has selected a Director, Secretary and Treasurer. The interim director Phil Crandall was re-elected for another year, the Treasurer is a newcomer, Kimberly Mayo and Heather Mattern was re-elected as the Secretary. Cathy Lafrenz was re-elected to the position of membership chair. New comers on the board include Cindy Heilmann, Sarah Gruemmer and Seth Huizenga. Returning board members include Doug Coobs (past president), Laura Oman and Rachel Griffiths.

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. Mail to:

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Extend Your Growing Season

Can you envision enjoying fresh, locally-grown fruits and vegetables for six months rather than three? This is a reality, not a dream, as more producers around the country are using "high tunnels" to extend the growing season of horticultural crops.

"Vegetables, small fruits, tree fruits, cut flowers, herbs, and many other crops can be grown in high tunnels," according to Dr. Eldon Everhart, horticulture



specialist with ISU Extension. "This can be a profitable method to extend the season and produce high-value crops in Iowa." Workshop dates and locations include: Jan. 5 and 6, 2010, 6:00 -- 9:30 p.m., both evenings, at the Armstrong Research and Demonstration Farm near Lewis, Iowa. **Pre-registration is required** by e-mailing or calling Linda Naeve at 515-294-8946 or lnaeve@iastate.edu. The registration fees for the workshop are \$30/person or \$50/couple, which includes a training manual, workbook and refreshments.

Go Green

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Between 1994 and 2002 the number of US farmers markets increased by 79%

Summer is over . . . Time for the indoor markets

Anyway you look at it, snow is on the way but you can treat yourself to a little bit of Summer at the indoor farmers markets. The Quad Cities is fortunate to have several options. One of these options seldom thought about is the West Kimberly Market. Although not it's major emphasis, it does have local meats, soap and honey. Open Wednesday through Saturday from 9am to 5pm and Sunday 11am to 4pm, it is located at 4004 West Kimberly Road in Davenport. You can reach them at (563)391-1616.



If you are looking for a vibrant market in the heart of Davenport, go to the Freight House Farmers Market. Open every Tuesday from 3pm until 6pm and Saturdays from 8am until 1pm year round. Located at 421 West River Drive in Davenport, try the Tuesday market, it's more relaxed and affords you time to actually get to know your farmer.



The Mississippi Valley Growers Association (MVGGA) will be hosting farmers' markets from 9a.m. to 1 p.m. Saturdays from November 7th to December 19th, at the Isle of Capri Casio in Bettendorf. The market will have produce, pet treats, baked goods and locally made gifts for the holiday season. For more information go to mvgrowers.com.



Master Gardener Training!

2010 Master Gardener training will begin on January 15 and continue weekly through March 26th in Milan IL. Call (309)756-9978 for more information.

BFBL Board discusses Membership Fees

It's been a rough year. The economy has been in turmoil and unseasonable cool wet weather has caused poor harvests. Because of these problems the BFBL board decided to lower the full membership fee from \$50 to \$35. Although this isn't a significant amount of money it is important for the BFBL organization to recognize our members have had a rough year. Membership coordinator Cathy Lafrenz felt "We can make up the loss of membership fees by increasing the number of members". The membership prices will be as follows for 2010.

Grower/producer membership includes sign, listing in directory	\$35
Additional category listing in directory	\$5
Extra sign	\$5
Additional BFBL campaign membership	\$10
Farmers' market	\$50
Institution, Food Service	\$250
Restaurant & Wineries	\$50
Store	\$100
Food Processors, small volume	\$100

Membership packets will be sent out in January and all information and payment will be due by March 1st. Although this may seem a little early we want the directory to finalized and available by late April so it will be available for the entire farmers market season.

No space for a garden . . . Try these garden plots

The Garden Growers is currently registering gardeners for plots at it's community gardens in Davenport for Spring 2010. You can grow your own vegetables and flowers in your own plot for only \$10 a year! Call 563.359.7577 to request a registration form.





Honey Flan



Makes 4 servings

3 eggs, beaten

1-1/2 cups 2% low-fat milk

1/2 cup honey, divided

1 Teaspoon vanilla

1/4 teaspoon ground cinnamon

Combine eggs, milk, 1/4 cup honey and vanilla. Beat until mixed but not foamy. Combine remaining 1/4 cup honey and cinnamon in small bowl; mix well. Place 4 (6-ounce) custard cups in 8-inch square baking dish. Spoon 1 tablespoon honey-cinnamon mixture into each custard cup; divide egg mixture into each custard cup. Place baking dish on middle rack of oven; pour boiling water into baking dish around custard cuts to 1-inch depth. Bake at 325°F 30 to 45 minutes or until knife inserted near center comes out clean. Loosen edges and invert onto dessert plates. Top with cool whip and any seasonal fruit available.