



WHAT'S

FRESH



A NEWSLETTER TO CONNECT LOCAL GROWERS AND CONSUMERS

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Women Farmers

by Cathy Lafrenz

Women farmers are the fastest growing segment of agriculture. But what do we do in January when the snow is blowing, the wind

is whipping and the hens aren't laying ... well, we form friendships with other women farmers across the Midwest. Two of my favorite conferences are Women in Denim Conference <http://www.womenindenim.com> and Women, Food and Agriculture Network conference <http://wfan.org>, both in Iowa in January. I asked Barb Campbell Determan about the Women in Denim conference. Barb grew up on a farm in Little York IL and was an active 4-Her. Staying true to her farm roots, she is one the organizers of the Women in Denim Conference. According to Barb, "The most valuable tool women receive from the Women in Denim conference is the opportunity to network with other women involved in agriculture. Many women enjoy the opportunity to learn more about their business in a safe environment - they can ask any kind of question that may be awkward in a male audience." If January is too busy ... the Overall Women Conference is held locally at the Isle Casino Hotel on Feb 10th and 11th. Sponsored by Iowa State University Extension, information and registration is available at or call (563) 359-7577 .

Buy Fresh Buy Local Newsletter

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Indoor Air

Tis' the season, to think about indoor air quality. With the onset of Winter and everyone being conscious about sealing up cracks to lower heating bills indoor air quality should be



one of your top concerns. So you have a new house? You should be twice as concerned. Pressed wood products, carpet, paint and household cleaning products all add to an environment that can exceed outdoor pollution by more than 50%. Signs of exposure are similar to those from colds or viral diseases so it is difficult to pinpoint if indoor pollution is to blame. House plants can help cleanse the air of indoor pollutants also known as volatile organic compounds (VOCs). In the early 1970s NASA began studying indoor air quality. As part of their research they built a [tightly sealed building](#) constructed entirely of synthetic materials. Before adding houseplants, anyone entering the newly constructed facility would experience burning eyes and respiratory difficulties. After introducing the houseplants analysis showed most of the VOCs had been removed. NASA continued studying and came up with a list of common house plants that are most efficient at cleansing the air. Concerned about the quality of your indoor air? Consider adding a few houseplants to cleanse your air. Want more information?

Download the NASA study at: http://ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/19930073077_1993073077.pdf

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

Blueberry Crumb Cake

By Rhonda Groh

Ingredients:

1/2 cup butter
 1/2 cup packed brown sugar
 1/4 cup sugar
 1 egg
 1 teaspoon vanilla
 1 1/4 all purpose flour
 3/4 cup whole wheat flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 1/4 teaspoon cinnamon
 1 cup buttermilk
 2 cups frozen blueberries

Topping:

1/4 cup packed brown sugar
 1 1/2 teaspoons cinnamon
 1/2 cup chopped walnuts



9 in pan. Combine the topping ingredients, sprinkle evenly over batter. Bake at 350 for 35 minutes or until a wooden pick comes out clean.

Yields 12 to 16 servings.

This is an easy way to add important omega 3's to your diet, along with the added nutritional punch of whole wheat flour. I have made this recipe with rhubarb, peaches, apples, raspberries and blueberries, and each is delicious in its own right. Serve at breakfast, or warm it slightly with a scoop of vanilla ice cream for a simple dessert.

Enjoy!

Cream butter and sugars. Add egg and vanilla, beat until fluffy. Combine flours, baking powder, baking soda, salt and cinnamon; add to creamed mixture alternately with buttermilk, mixing well after each addition. Stir in Blueberries. Pour into a greased 13 X

Webinar

Managing Legal Risks in the Direct Farm Business

In today's food marketplace, more health-conscious consumers are seeking out local sources of food, and they are increasingly turning to direct farm businesses – such as farmers' markets, roadside stands, and U-pick operations – to fill their needs. The farmers who run these businesses stand to benefit greatly from this demand: Selling directly to consumers increases the farmer's share of the consumer's food dollar, and building a connection with customers and the community can make farming a more enjoyable and rewarding experience. Webinars to be held Tuesday, January 25 and Thursday, March 3rd from 6:00-7:30pm. For more information contact the Rock Island County Extension office at <http://web.extension.illinois.edu/rockisland/> or call (309)756-9978

Go Green

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Chocolate Festival

Fifth Annual QC Botanical Center Chocolate Festival is Sunday January 30th from 11-4pm. Vendors from area candy shops and



bakeries will be handing out samples. There will be cooking demos and activities for the kids. Adults are \$10, members \$7, kids 12 and under are free. More information at

www.qcgardens.com or call (309)794-0991.

BFBL Board News

Election of officers was the first order of business at the BFBL January board meeting. Joshua Schipp was elected as director with Doug Coobs, treasurer and Myra Roelens as secretary. Cathy Lafrenz will remain membership coordinator. Preparation is underway for the 2011 membership drive so if you are a grower/producer expect membership letters in the mail soon.

Tidbit: Agricultural land provides habitat for 75 percent of the nations wildlife.