



WHAT'S FRESH

A NEWSLETTER TO CONNECT LOCAL GROWERS AND CONSUMERS

VOLUME 2, #6 JUNE 2010

Tuesday Teachings

Classes at the Freight House Farmers Market.

June 1 Dr. Jackie Newhouse - Surge it Up!

June 8 Dawn Dykema, Blossom Farms - Strawberry Jam

June 15 Darcy Rostenbach, Full Circle Soap - Tiger Balm Workshop

June 22 Rhonda Groh, The Bakery - Summer Salad Twists

June 29 Jen Ohland - Everything Whimsey - Finger Tip Painting
For complete descriptions and details of the classes, check out the website - www.freighthousefarmersmarket.com



VENDOR OF THE MONTH

Magnolia Crest Farm

Along Jersey Ridge road, nestled in the trees, is one of the freshest spots in the QCA! Norm and Melodie Lau (Magnolia Crest Farm) have gardened for years. And every year, their garden grew larger and larger and they planted more and more. They decided to try their hand at market vending and loved it! However, the demands of their large corn and soybean operation, sometimes kept them away from a Saturday market. So they set up a card table at the end of the driveway and filled it full of vegetables and freshly cut flowers. Very soon that card table turned in to a vegetable

stand, cooler and now, a new hosta, herb and flower stand. They grow most vegetables (potatoes, green beans, beets, turnips, peppers, tomatoes etc) but they specialize in sweet corn. They grow only Triple Sweet and Gourmet varieties. Melodie makes fresh bouquets along with special event orders. Her bouquets are filled with some of her favorites sunflowers, zinnias, snapdragons and lisianthus. The stand will be opening approximately the end of June... but till then you can find Magnolia Crest Farm on Facebook or at (563) 285-7315.



SUNDAY IN THE GARDEN WITH MISS EFFIE AND FRIENDS

Come visit the farm on a Sunday afternoon and sit a spell with Miss Effie and her friends. Stroll the gardens filled with beautiful fresh flowers. Buy some fresh garden goodies. \$10 from every bucket of flowers sold will benefit our local food pantry with farmers market gift certificates.

Miss Effie's Country Flowers and Garden Stuff 27387 130th Ave-Donahue IA 52746 563-282-4338 www.misseffiesflowers.com Sunday June 27th - 12-4



Beekeeping 101

The basics of bees and beekeeping throughout the seasons will be covered by a local third generation beekeeper. Current challenges faced by beekeepers will be discussed. Handouts and honey sampling are included. Class

meets in the stone building across from the Conservatory but will use the observation beehive in the Conservatory for additional class instruction. Don't miss this unique opportunity to learn about the most studied insect on



the planet! Saturday, June 12 from 2-4p.m. Meet in

the stone building. Class fee is \$20.

Monoculture vs. Polyculture

BY MYRA ROELENS

Monoculture is a term that describes a practice of growing or producing one main crop, year after year. Examples would be the potato fields in Ireland, that in 1845-1852 had diseases, no harvests and starvation due to potato blight. Today's concern lies more in traditional corn, wheat or soybean fields grown around the world. They never get a clover planting, mulching or crop rotation. Reasons big commercial produce growers use this form is to cut down on labor, spray the usual chemical pesticides and herbicides, ensuring a typical harvest and not having to worry about what can be affected long term. Monoculture brings about wide spread diseases and pests that are resistant to any form



of chemical and threaten the viability of future good genetic stock from which we take new seeds and future varieties. When one certain variety is used through entire fields and a disease forms, there are no resistant qualities available for the plants to retaliate. Killing entire harvests! If current trends continue, more than 50% of

plant life as we know it will be extinct. Yes, dino rock.

Polyculture is where you plant a diversity of crops or varieties and the chance of disease is diminished by the variants within the group. Companion planting serves many different purposes, pest control around the outside border, increase yields by utilizing area and decreasing the use of chemicals. Marigolds and nasturtium are two of the best flowers to edge a garden with. Planting garlic in the fall also keeps flying pests away. Try the Three Sisters Technique (A Native American tradition): Grow corn to 6 in. then plant alternating pole beans and squash seeds. Diversifying ourselves one garden at a time! Ask how your farmer grows?

MIDWEST PERMACULTURE

The purpose of Midwest Permaculture is to support the transition of our society from a culture of consumption into a culture of creation. Check out their website and decide if a class in permaculture is for you.

www.midwestpermaculture.com

We want you!

With everyone being so busy it is difficult to find time to support the causes we value. Buy Fresh Buy Local is staffed by volunteers who believe in supporting local foods. If you are passionate about local food consider volunteering a few hours a month to help out staffing a table at farmers markets, writing articles for the newsletter or just taking pictures. Or perhaps you have an area of interest to our supporters we haven't even thought of. Interested? Contact BFBL at bfbllc@bfbllc.org and get involved!



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
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P.O. Box 4512
Rock Island, IL 61201

GO GREEN

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BUY FRESH BUY LOCAL NEWSLETTER

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