



WHAT'S FRESH

A NEWSLETTER TO CONNECT LOCAL GROWERS AND CONSUMERS

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Technology Focus: Illowa Local Grown Directory

The Illowa Local Grown Directory compiled by the University of Illinois Extension-Rock Island County is a consumer's guide to eating locally. It connects farmers and other food producers who are growing fresh, healthy, locally-grown vegetables, eggs, meats, grains, and other foods. The directory also includes local farmers markets, CSAs and ornamental plants. Be sure and get registered by April 5th, 2010 to be a part of this directory. There is no cost to be included. Go to <http://web.extension.illinois.edu/rockisland/> and click on "Registration: Illowa Local Grown Directory" on the right to get registered.



Thumbs Up!

This month's thumbs up go to the volunteers that helped at the BFBL breakfast. Without them it would not have been possible to put on the event. They are: Lisa Bellomy, Christina Griffiths, Karen Wente, Molly Regan and Chef Steve at the Freight House.



Go Green

Subscribe to this newsletter on the Buy Fresh Buy Local website at: www.bfblqc.org Click on the subscribe to our newsletter button. Then fill out your information and be sure to confirm your subscription by checking your email address for confirmation.

Member Spotlight

Country Corner Market

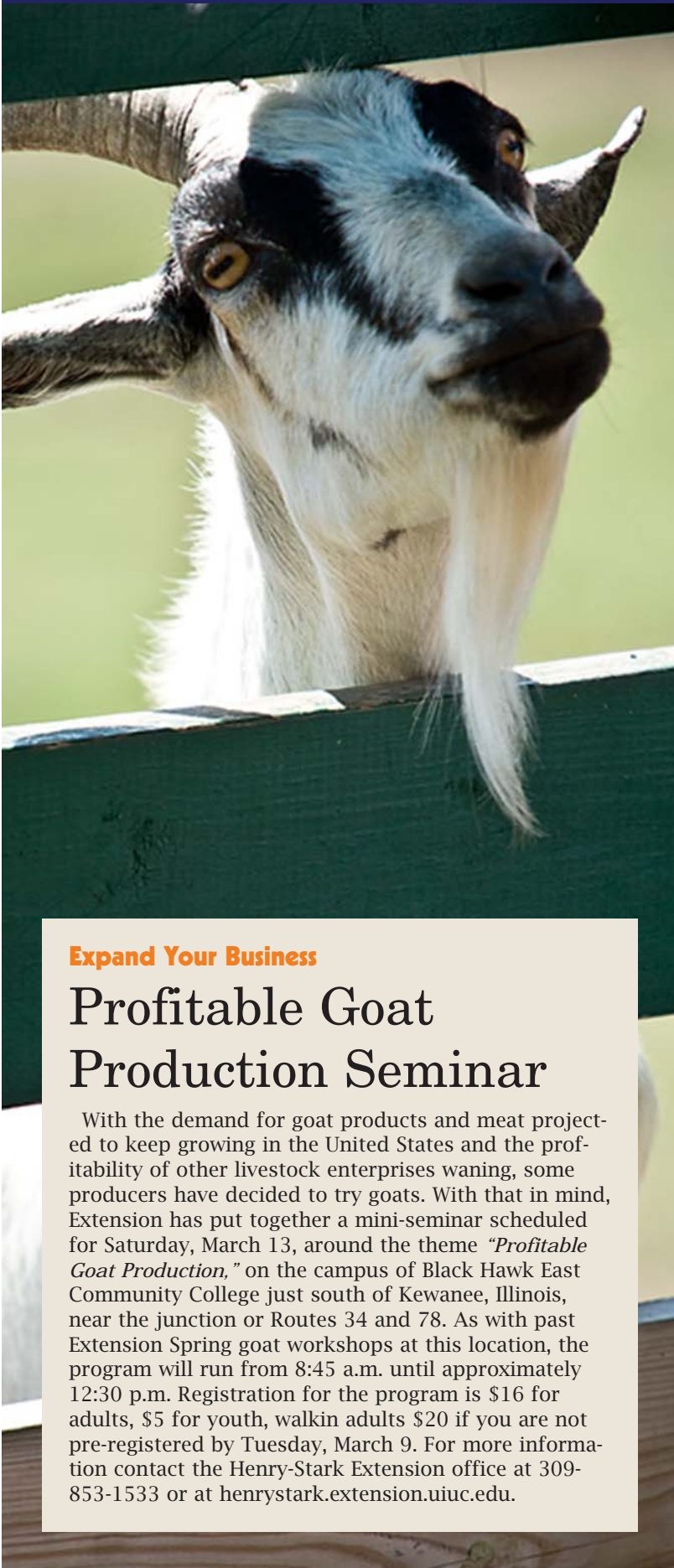
Bruce Curry has an All-American farm story. Starting at the age of 12, he grew pumpkins and sold them along the side of a busy highway ... just a coffee can, nailed to a post with a note, telling his customers to leave the money in the can. A few years later, he had outgrown the coffee can and Country Corner Market was more than a hayrack full of pumpkins. Now Bruce aspires to bring "Farm Fresh Fun" to the urban community. By offering over 100 CSA memberships, he helps educate people on the taste and health advantages of fresh fruits and vegetables. Bruce likes having a relationship with his customers that want to know the farmer

and his growing methods. He has taken his common sense agriculture approach to the Paula Sands Live show to educate the public on farming practices. Country Corner Market in Alpha sells a wide variety of fruits and vegetables. They also offer u-pick strawberries, raspberries and pumpkins. You can find them at the Freight House Farmers Market in Davenport during the summer season. Agri-tourism has

become a large part of the business. The pumpkin cannon and corn mazes are a huge hit during their fall celebrations. For details about Country Corner Market, see their website at www.country-corner.com.



Farm Market and Pumpkin Patch



Expand Your Business

Profitable Goat Production Seminar

With the demand for goat products and meat projected to keep growing in the United States and the profitability of other livestock enterprises waning, some producers have decided to try goats. With that in mind, Extension has put together a mini-seminar scheduled for Saturday, March 13, around the theme *"Profitable Goat Production,"* on the campus of Black Hawk East Community College just south of Kewanee, Illinois, near the junction of Routes 34 and 78. As with past Extension Spring goat workshops at this location, the program will run from 8:45 a.m. until approximately 12:30 p.m. Registration for the program is \$16 for adults, \$5 for youth, walk-in adults \$20 if you are not pre-registered by Tuesday, March 9. For more information contact the Henry-Stark Extension office at 309-853-1533 or at henrystark.extension.uiuc.edu.

Buy Fresh Buy Local Breakfast

"Love Your Local Farmer"

The 1st annual Buy Fresh Buy Local "Love Your Local Farmer" breakfast fund raiser was a huge success. With over 70 people attending, tickets sold out a week before the event. Cathy Lafrenz, event coordinator, said "We definitely will make this a yearly event. It was extremely successful."

Pictured here are Garl Forrest and his wife Nancy celebrating their 50th wedding anniversary. Be sure and keep an eye out for a fall BFBL dinner.



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.

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Chapters

Northeast Iowa BFBL

This month we continue our series of articles about other Iowa chapters of Buy Fresh Buy Local. The Northeast Iowa Buy Fresh Buy Local group was established in 2004. In the last six years the local food scene in this corner of Iowa has blossomed and BFBL has been lucky to be a part of it from the start. The chapter began as an outreach effort of Luther College

(following in the footsteps of the work done by Kamyar Enshayan at UNI) and is now part of a multi-county, multi-agency, multi-faceted local foods and wellness organization known as the NE Iowa Food and Farm Coalition (NIFF). BFBL efforts often overlap with the work the group does through their Food & Fitness Initiative. For example last fall

in Postville NIFF helped with a promotion of healthy snacks at schools that featured locally grown apples; it was a win-win situation for students and local farmers. As an interesting aside both NIFF's Food & Fitness Initiative and the development of Buy Fresh Buy Local received funding from the Kellogg Foundation, see www.wkkf.org to find out more.

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Control Your Costs

Generating Electricity Using the Wind

Controlling costs is key to remain competitive for today's farmer. C/W Livestock has taken this concept to new heights by producing their own electricity. Two years ago Lyndall and Nancy Winter decided to make the considerable investment in wind power. No rules existed for putting up wind mills but they forged ahead and finally received permission to erect three towers although they currently have two. Although there may be some tax incentives now available, Lyndall and Nancy preferred not to jump through hoops nec-

essary to receive it. They were able to get refurbished units and partly because of their sons (and his friends) interest they decided to manage the project themselves. With their unobstructed location they were able to go with 80 foot towers with a wing span of 48 feet. Computers control everything about the power generation allowing the propellers to begin spinning at 4mph but not actually generating any electricity until they reach 7mph. The computer further monitors the wind speed and will put the brakes on at 40mph to prevent any damage to the towers. When more power is produced then needed it feeds back into the electrical grid allowing them to receive money back from the utility company. With a utility bill of \$1,600 to \$2,000 a month Lyndall estimates the payback to be 7 years. Using refurbished equipment and doing much of the work themselves these towers cost about \$90,000 each. New they would be \$250,000.



Illinois Specialty Crop Grants

The Illinois Department of Agriculture will receive an additional \$209,000 in federal block grant funds next year to improve the competitiveness of the state's specialty crop industry. The department intends

to use the funds to award "mini-grants" that expand markets for fresh produce grown in Illinois and is encouraging specialty crop growers to submit a proposal before the April 30 application deadline. More than \$640,000 is available. "I thank USDA for recognizing the importance of expanding access to nutritious, locally-grown foods and providing this funding increase," Agriculture Director Tom Jennings said. "The grants will raise awareness about the abundance of fresh fruits and vegetables that are available here and help consumers make food choices that improve not only their health, but also the health of their local economy." Application forms and instructions can be obtained on the department's website at www.agr.state.il.us or by calling (217) 524-9129.



Cooking

Steel Cut Crock Pot Oatmeal

Ingredients

- 1 cup steel cut oats
- 4 -5 cups water
- 1/2 cup half-and-half
- 1 tablespoon of butter

Directions

Spray the crock pot with a cooking spray to help with clean-up. In a slow cooker, combine all ingredients and set to low heat. Cover and let cook for 8 to 9 hours. You may need to add a little more water... depending on how long you cook them and the texture

that you like. Stir and remove to serving bowls. This method works best if started before you go to bed. This way your oatmeal will be finished by morning. You can take the finished oatmeal and store in the refrigerator for a couple of days and warm in a microwave as needed. We used Oak Hill Acres Hulled Oatmeal. We pulsed them in a blender to nick the hulls and cut some of them in half. You must use a blender as they will bounce around in a food processor.

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