



WHAT'S

FRESH



A NEWSLETTER TO CONNECT LOCAL GROWERS AND CONSUMERS

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Register Your Sensitive Crop

Both Iowa and Illinois have procedures in place to register your sensitive crops. This will alert pesticide applicators with the locations of those crops that are most susceptible to pesticide drift damage. Each state differs slightly but examples of some sensitive crops are vineyards, orchards, certified organic crops and bee yards. This registration is not intended for homeowners. For Illinois the site is: <http://illinois.agriculture.purdue.edu/index.html> if you are in Iowa the site is: <http://www.iowaagriculture.gov/HorticultureandFarmersMarkets/sensitiveCropDirectory.asp>



Homesteading Conference

Oglesby, Illinois

Illinois Valley Community College will present a one day [Homesteading Conference](#) on Saturday, April 2, 2011 from 8a.m.-5p.m.. Learn the ins and outs of growing, raising and preserving your own food, as well as how to turn your passion into a business. Participants will have a choice of 4 sessions throughout the day, with a Question & Answer Session at the end of the conference. A light lunch will be provided. For more information contact Kim Koehler at 815-224-0207 or by email kim_koehler@ivcc.edu.

Buy Fresh Buy Local Newsletter

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Spring Home Horticulture Series March 14th—April 18th

University of Illinois Extension, Rock Island County Master Gardeners' invite the public to attend their annual Spring Series Gardening Lectures for home horticulture. They begin March 14 and will take place for six consecutive Monday evenings, 7:00 - 9:00 pm. at the University of Illinois Extension offices, 321- W 2nd Ave Milan, IL. The cost is \$5 per program or \$20 for the series. Pre-registration is strongly encouraged. Program topics and speakers are:

March 14th—Seed Saving with Organic farmer Cindy Heilmann
 March 21st—A Lawn is a Yawn—Putting Water Into Your Gardens with Jackie Allsup
 March 28th—Gardening Basics for Preserving Your Own Food with Cathy Lafrenz
 April 4th—Micro-climates with Ray Wolf
 April 11th—Herb Gardening with Peg Christensen
 April 18th— **What's New In The Greenhouse** with Gwen Coobs

Registration and more information is available at: <https://webs.extension.uiuc.edu/registration/?RegistrationID=5402> or by calling the University of Illinois Extension office in Milan at (309) 756-9978.



Morel Certification

[Class](#) will be conducted for certification to sell morel mushrooms legally in Iowa. The class will be held April 11th from 1-4pm in the large meeting room at the [Scott County Extension Office](#). The cost is \$45 per person. You can register by calling the (515)294-0579 or email mgleason@iastate.edu. Cash or check, credit cards are not accepted.

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



Honey-Mustard Vegetables

- 1/2 lb fresh green beans
- 1 cup sliced carrots
- 1 cup cauliflower florets
- 1 jar (4.5 oz) of whole mushrooms (drained)
- 1 red bell pepper and one yellow bell pepper cut into thin strips
- 1/2 cup purchased honey mustard salad dressing
- 1/4 teaspoon of dill weed (dried)
- 1/8 teaspoon salt

In a large saucepan bring 1 cup of water and 1 cup of apple cider vinegar to boil. Add carrots cover, returning to boil for 2 minutes. Add green beans, cauliflower and peppers. Cover, returning to boil for an additional 3 minutes. Drain and let cool. In a bowl, add salad dressing, salt and dill, mix.

Buy Fresh Buy Local Receives Grant

With help from the [Interstate RC&D](#) BFBL has received a grant for promoting our member farmer markets. \$3,208 was received for advertising, marketing or signage.

Brown Marmorated Stink Bug Takes Up Residence

Native to Asia, the Brown Marmorated Stink Bug has arrived in Illinois and soon Iowa. It injures a host of crops and ornamental plants, including pear, peach, mulberry, apple, tomatoes, soybean and various ornamental and shade trees. These insects pierce and feed on



plant stems and fruit. During the winter it becomes a nuisance to home and business owners by moving inside. These non-descript bugs are easily confused with native stink bugs. The aggregation behavior of the adults in the fall is

their most identifying characteristic.

Go Green

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Time to Prune

These “warmer” days of winter are a good time to prune back many plants while they are dormant. The general rule is to prune those woody plants that bloom on current season’s wood while they are dormant. If the plant blooms

on the previous year’s wood they should be pruned after bloom in late spring or early summer. Apples and flowering crabapples should be pruned in winter or late winter. There may be bacterial and other diseases if pruned in summer.

Uncomfortable with “hacking away” at your trees and shrubs? Consider attending the Spring Pruning Workshop given at the [Longview Park Greenhouse](#). For an \$8 fee students will learn how to prune a variety of shrubs and trees. The Saturday class (code #9106) is March 26th, 2011 from 9am to 12pm. Call the RI parks and recreation office for more information at (309)732-7275.



BFBL Membership Drive

If you or someone you know grows, raises or produces food locally, consider becoming a member of Buy Fresh Buy Local. For a \$35 membership fee you get a listing in our directory and promotion on our facebook page, website and this newsletter. Advertising dollars well spent. Call or email Cathy Lafrenz (563)282-4338 or cmlafrenz@netins.net