



What's Fresh

Buy Fresh Buy Local of the Quad Cities

Volume 1, #5 November 2009

"A newsletter to connect local growers and consumers"

Featured Vendor!

Allens Grove Greenhouse

Doug and Gwen Coobs have been a mainstay of the Davenport Farmers Market and the founding members of Buy Fresh Buy Local of the Quad Cities. Specializing in vegetables and flowers during the Spring and Summer, Gwen is now



turning her attention to baked goods with the help of her daughter Alexa. Gwen and Alexa will be taking orders for the holidays, so be sure and stop by and see them inside the Freighthouse Farmers Market for your baking needs!



Turkey Time!

It's time to start thinking turkey! Remember to safely thaw your frozen turkey by leaving it in its original wrapping in a 40 degree or below refrigerator. Allow approximately 24 hours per 4 to 5 pounds or turkey. After thawing a turkey can be kept refrigerated for one to two days.



Photo by Nostalgia Farms

Heirloom Apples!

By Myra Roelens

Heirloom apples bring a smile to my face. When I hear heirloom, I think of Grandma and her homemade goodies.

Heirlooms have different shapes and sizes than standard commercialized fruit. Each heirloom has it's own distinct flavor and aroma. Their foliage is rich and deep with color and vibrancy. Most heirloom trees require pruning and care. Many of the heirloom apples are not colored bright red or yellow but streaked, deep reds, purple, orange, yellow speckles and even brown and black. Originally called Hawkeye, the Red Delicious was



discovered in 1870 by Jesse Hiatt, a farmer in Peru, Iowa who found a seedling in his orchard and chopped it down two times! The original tree survived over 70 years. He spent his life grafting his tree for others to grow since the apple seed inside an apple will not grow true to form. Other old fashioned apple varieties are Lady, Roxbury Russett, Baldwin, Pippin, Sheep's Nose, York, Jonathan, Winesap, and Bellflower. There are over 2500 different varieties grown in the US. We couldn't ask for a better season this year for local apples. So many cool hours and ample rainfall makes for some wonderful applesauce, pies, butter and cider.

EarthDay.net

The Average ecological footprint of each American is 24 acres. The number of biologically productive acres available per person worldwide is 4.5 acres.

Paraffin Candles
Don't do it!

Petroleum-based candles come with health risks according to a new study put out by the American Chemical Society.

Paraffin is a petroleum byproduct releasing fumes similar to diesel. Next time you may want to think twice about the type of candle you burn. Consider soy or beeswax as a natural, clean-burning alternative.



Time for a new skill!

The harvest is over and the crops are in. Time to sharpen your business skills with a class at the Small Business Training Network. Go to www.sba.gov/training to find a list of their classes.

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:

**BFBL, %Phil Crandall
P.O. Box 4512
Rock Island, IL 61201**

Buy Fresh Buy Local Newsletter

Editor Phil Crandall (309)799-7420
pcranall@cranallfarms.com
Reporter Myra Roelens
hope_farm_produce@yahoo.com
Membership Cathy Lafrenz (563)282-4338
cmlafrenz@netins.net
Food Editor Emily Oman (715) 587-3140

Iowa - Illinois
Fruit and Vegetable Symposium

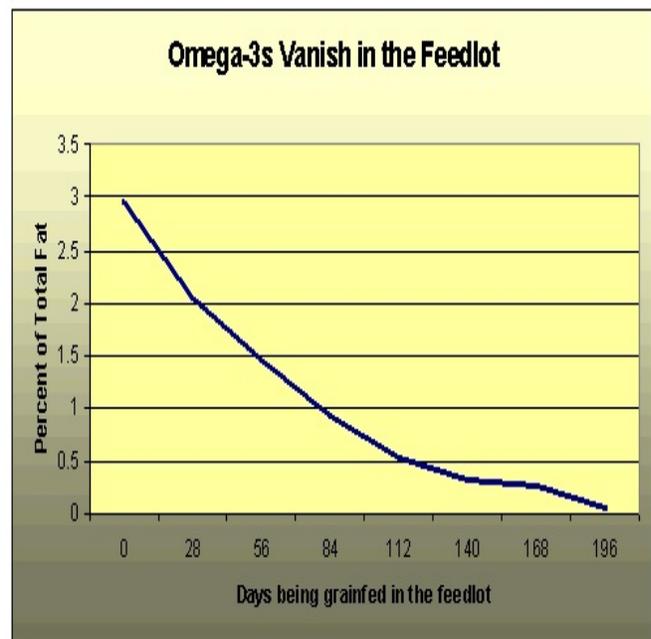
Iowa State University Extension & the University of Illinois Extension invite you to attend the annual

Iowa-Illinois Fruit & Vegetable Symposium on Friday, December 11, 2009. The Symposium will be held at the Scott County Extension Office in Bettendorf and registration will begin at noon. Topics include climate & weather effects on plant disease, organic pesticide products, weed and disease control in strawberries, apples, pears, sweet corn, pumpkins, and tomatoes. For more information go to www.extension.iastate.edu/johnson



Omega-3s

Chickens housed indoors and deprived of greens become artificially low in omega-3s. Eggs from pastured hens can contain as much as 10 times more omega-3s than eggs from factory hens.



Data from: J Animal Sci (1993) 71(8):2079-88.

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.

Nutrition.gov USDA Initiative

Know Your Farmer, Know Your Food is a USDA initiative to promote sustainable local and regional food systems that will support small and mid-sized farms and ranches, strengthen rural communities, promote healthy eating, and protect our natural resources.



Visit for detailed information about how existing USDA programs can support local food activities in communities, connections to USDA people working to support local and regional foods and forums to share stories, ideas, images and more. Read more at <http://www.usda.gov/>

Make It Yourself Glass Cleaner

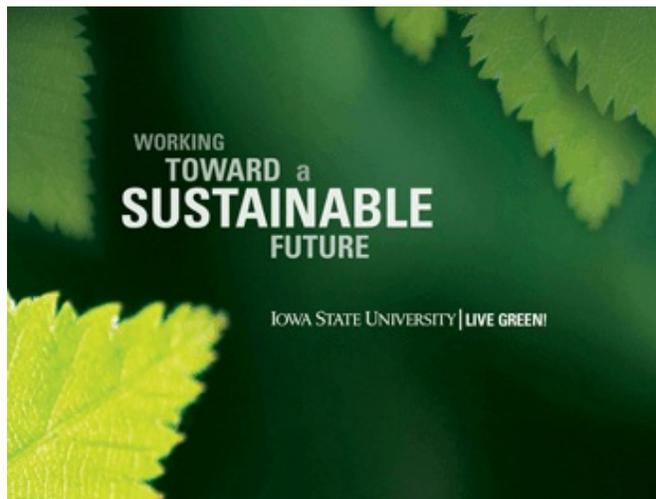
Replace those toxic store bought cleaners with a natural solution that will help you save money too. You can replace your glass cleaner with this recipe:

1 gallon water
1/2 cup white vinegar
1/2 teaspoon liquid dish detergent
or
1 cup rubbing (isopropyl) alcohol
1 cup water
1 tablespoon white vinegar

Mix and add to a spray bottle

ISU Partners Sought for On-Farm Research

Ames, IA--Iowa State University seeks ideas and proposals for a unique program pairing farmers with Iowa State University researchers to work on topics



related to conservation and sustainability. Proposals are due on December 16, 2009 for the 2010 ISU On-Farm Research and Demonstration Grant Program. All ISU faculty, staff and students are eligible to apply. The program is a partnership of the College of Agriculture and Life Sciences and Practical Farmers of Iowa. Its goals are to address the opportunities and challenges facing agriculture through collaborative, on-farm research. A total of \$25,000 will be awarded in 2010. Annual, one-time grants up to \$5,000 maximum will be awarded. Awards to three or more producers proposing to work together may be up to \$7,000 each. Work may be completed over 24 months maximum. Research topic areas, submission instructions and other information are available on the Leopold Center Web site, <http://www.leopold.iastate.edu>. For questions about this call for proposals, please contact Jerry DeWitt, Director, Leopold Center for Sustainable Agriculture, 515-294-3711 or jdewitt@iastate.edu. Questions about on-farm design and implementation or if you need help finding a farmer or researcher to work with, please contact Sarah Carlson, Practical Farmers of Iowa, 515-232-5661, sarah@practicalfarmers.org.



Golden Glow Muffins

This recipe will give you a chance to use some of the great local honey available. Experiment with different varieties! These are great warmed up for breakfast or as part of kids' school lunches. Feel free to omit the raisins and/or nuts, or add other mix-ins like dried cranberries or cherries.

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup nuts, chopped
- 1/2 cup seedless raisins
- 2 eggs
- 1/4 cup orange juice
- 1/2 cup vegetable oil
- 1/2 cup honey
- 1 teaspoon vanilla
- 1 teaspoon grated orange peel
- 1 cup carrot, shredded

In large mixing bowl, combine flour, baking powder, cinnamon, salt, nuts and raisins. Set aside. In small bowl, blend together eggs, orange juice, oil, honey, vanilla and orange peel. Add to dry ingredients. Stir in carrots until moistened. Spoon batter into paper-lined or greased muffin pan cups. Bake at 375°F 20 to 25 minutes.

This month's recipe is brought to you by Emily Oman. Emily is a student at the University of Wisconsin Stevens Point. Emily also volunteered to fill the slot of BFBL food editor. If you have your own recipe of how you use local foods, contact Emily at (715) 587-3140.