



OAK HILL ACRES

Organic since 1997 [Oak Hill Acres](#) has become a mainstay at the local farmers markets. With 260 acres owned and operated by Terry and Lorraine Tygrett and their son Andy with his wife Christina they grow a wide range of products. Farming in harmony with their surrounding environment is something the Tygrett family takes serious. Terry specializes in hay, grains and keeps the machines in working order, while Andy does vegetables and his wife, Christina, works in the green house. Lorraine helps out and does market. While the next generation of Tygretts are growing up on the farm, the farm is growing also. Terry tells us they are putting up 4 more green houses including one which will be heated using waste french fry oil. Of course we know Terry is always thinking of a new ways to extend the growing season for his customers. His latest addition is a small heated bus that will be used to continue selling at the outdoor markets well into the cold season. Stop by and see Terry and Lorraine at the Freight House Market on Saturdays and check out the new Oak Hill Acres bus.



Iowa-Illinois Cucurbit School

On November 19 the Cucurbit School, a workshop on vegetable vine crops offered by the University of Illinois and Iowa State University Extension will be held at the Scott County Extension Office, Cyclone Room, 875 Tanglefoot Lane, Bettendorf, IA. Extension will feature the latest research from Iowa State University and the University of Illinois at Urbana-

Champaign. The Registration Fee is \$20 for the first person and \$15 for any additional participants from the same farm or business. The Registration Deadline is November 17. The cost for any participants registering at the door will be an additional \$5 per person. See <http://www.extension.iastate.edu/johnson/news/FVmeeting.htm> for more details.



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

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.

BUY FRESH BUY LOCAL NEWSLETTER

Editor Phil Crandall
(309)799-7420 pcranall@crandallfarms.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



COOKING

Honey Pumpkin Pie

- 3 eggs
- 2 pastry 9 inch Graham crumb crust
- 3/4 cup honey
- 1 can (15oz) canned pumpkin
- 1 can (12oz) evaporated milk
- 3 Tablespoons flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt

Preheat oven to 425F.

In a large bowl, beat eggs, brushing egg on the inside of the pie crust. Bake crust on a cookie sheet for 5 minutes. Add the rest of the ingredients to the remaining beaten eggs and whisk. Reduce oven to 350F. Remove pie crust from oven and pour mixture into hot crust. Bake 35 to 40 minutes more, until filling is set. Cool completely.

2010, What a Season!

BY MYRA ROELENS

A consumer gets a bag full, then whips them out. "You take these coupons right?" More of a statement than a question.

"I'm sorry, I don't/can't take those coupons," is my reply. "...but you have a sign?!" "That is our BUY FRESH BUY LOCAL sign, it is to try to get folks thinking about where your food comes from and how it was raised. I know Ed, from Nostalgia Farms, takes the WIC coupons though." They happily or sadly leave, probably thinking that lady talks too much.

I can't tell you how many times in one day I get to say this to our customers at The Freight House Farmer's Market. Then, just when I think I am going to take the sign down, I am thanked for all the goodies they've purchased over the year and how much they appreciated our hard work. Truth is, 2010 will go down in our books as one of the worst years ever! This season, many farmers had trouble with melons, tomatoes, and even pumpkins. At Hope Farm Produce, we noticed that our issues were the tomatoes, the power off for two days in the greenhouse (no water), the heater not working



properly, the compost that brought a new supply of lovely pink-root weed seeds, never-ending rain and even the apples splitting on the trees!

Could this year get any worse? Too late, it's already time to till it all in and find the seed catalogs again. You've got to love this line of work to be able to pour yourself back into it for another year. The fact is, our job is hard, we don't get paid enough, but we do it anyway. We do it for people, for ourselves, even for nature, in the hopes that someone may appreciate or even desire our long and hard work. With as much passion that we have, knowing, growing, raising, and tending it all, we should be humbled by those coupons, just knowing that some folks can't even afford their own food. So make sure your next fork full is a happy one and enjoy what we can do, what did work and what can go right! See ya at market!

ORANGEGUYMD.com



- business cards flyers
- posters logos labels
- brochures postcards
- banners newsletters