



What's Fresh

Buy Fresh Buy Local of the Quad Cities

Volume 1, #4 October 2009

"A newsletter to connect local growers and consumers"

Fairfield Food Conference New Ideas for Buy Fresh Buy Local

Fairfield Iowa was host to a local food summit attended by the QC Chapter of BFBL. As with most conferences



networking with other chapters and like minded organizations supplied the most valuable ideas to help support our mission. Being totally staffed with volunteers is always a challenge but our local chapter received high praise from both the other chapters and Iowa state coordinator Mallory Smith. Two of the new ideas are small posters promoting a sustainable local supply of food and educating our consumers about "food miles". It was a great conference and with the help of contacts we made we will be well positioned to promote our growers and producers even better!

Food miles is defined by Wikipedia as the distance food is transported from the time of its production until it reaches the consumer. It is one dimension used in assessing the environmental impact of food.

Heirloom/Heritage Tomato by Myra Roelens

The first tomato cultivar is said to originate in The Peruvian Andes of South

America. Where to this day, there are wild tomato plants growing on hillsides and mountain tops. The tomato is in the



Nightshade family. Other species of the family include potatoes, eggplant, tomatillo and even chili peppers. There are literally hundreds of different kinds, usually with potato shaped leaves, that grow tall and are indeterminate. The harvest season takes much longer for Heirlooms than other tomato varieties. Some plants produce very small amounts of fruit. There are a few early season heirlooms, like Tiny Tim, but yields only about a dozen cherry sized fruit. Heirloom tomatoes are so soft and juicy, meaty and delicious. Most are known for being not as acidic as orange/red tomatoes. Slice, add sea salt, drizzle of olive oil and crushed red pepper flakes for an instant jazzed up treat! Don't forget to save seeds from your favorite to grow next year.

New Supporter Members!

Support for local food is high with our Quad City residents. With 28 new supporter members already it is hoped that we can hit the 100 new supporter mark. The new supporter member category was created to allow non-vendors to still be a member of BFBL. The more paid supporters we have the easier it will be to compete for grants and donations. There is still time to become a paid supporter. Go to the BFBL website www.bfblqc.org, click on the "Join Us" tab and send in your \$10.

Welcome our new members!

Oak Hill Farms

This month we welcome Oak Hill Farms to Buy Fresh Buy Local. Terry and Lorraine Tygrett and Andy and

Christina Tygrett are regular vendors at several markets selling a beautiful range of organic produce, popcorn and small grains. Stop and see Oak Hill Farms at the Saturday Freight House Market and sign up for next years CSA! You can reach Oak Hill farms at (563)946-2304 or browse their website at www.oakhillacres.com.



Heilman Hawkeye Acres

Heilman Hawkeye Acres has also joined Buy Fresh Buy Local this month.

Farming organic for 10 years and certified in 2008 you will find Cindy selling a full range of organic food. Located in Goose Lake



Iowa on 45 acres Cindy sells at the Freight House Farmers Market in Davenport. Stop and see Heilman Hawkeye Acres, Cindy will be happy to discuss the benefits of organic with you.

"Pesticides are an ideal product: like heroin, they promise paradise and deliver addiction. And dope and pesticide peddlers both have only one cure for addiction: use more and more of the product at whatever cost in dollars and human suffering (and in the case of pesticides, environmental degradation.)"

- Stanford professor of biological sciences
Paul R. Ehrlich

News at the State Level

Buy Fresh Buy Local - Chapters

by Mallory Smith

Buy Fresh Buy Local (BFBL) started in Iowa in 2003 in Black Hawk County. The following year the colorful label made its appearance in the

Des Moines and the Decorah areas. This profile focuses on



efforts in and around the capital city. Neil Hamilton, Director of the Drake Agricultural Law Center, brought BFBL to Des Moines as part of his work to increase awareness of local foods. The program is overseen by Matt Russell, a farmer and Drake employee. Student interns provide much of the energy to staff the chapter's booth at the Des Moines Farmers market where each year they have more than 1,000 people take a pledge to buy at least 5% of their food from local farms.

Greater Des Moines Buy Fresh Buy Local
est. 2004

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Local Foods Salon

Salons aren't just for your hair, they are great for conversation too! A salon is a gathering of individuals who seek to obtain new knowledge or expand what they already know in a stimulating environment. These groups satisfy the need for social interaction as well as sharing ideas. Our first series of meetings will focus on Local Foods. We will explore the movement locally as well as nationally. We will sample texts like *Animal, Vegetable, Miracle* by Barbara Kingsolver. New topics begin every 6 weeks. Fee \$5 per session, includes refreshments and handouts. **2nd Tues of each month, 6:30—8:00 p.m. Oct 13, Nov 10, Dec 8**
<https://webs.extension.uiuc.edu/registration/?registrationID=3520>

Featured Market

The “Granddaddy” of all markets is our focus this month. The Freight House Farmers Market in Davenport is easily the largest farmers market in the area and has continued to grow. Open every Saturday from 8 until 1pm and Tuesdays from 3pm until 6pm, **this year round market will be moving indoors in November.** Every Saturday in October will be a different event at the Freight House culminating with the October 24th Fall Festival. Interested in becoming a vendor? Contact Darcy Rostenbach at (309)764-0062 or FullCircleSoap@aol.com. The Freight House market is located at 421 River Drive, Davenport IA.



Letter to the Editor

“What BFBL Means to Me”

Hope Farm Produce- Beth Roelens

As a grower and vendor for one of our area farmer's market, I want to thank everyone involved with Buy Fresh Buy Local. BFBL has always been a "no brainer" to me, even more so with today's global warming concerns and our personal responsibility to reduce our own individual carbon footprints. (Have you changed to CFL light bulbs?) The BFBL member knows that their produce hasn't traveled 1500 miles, been picked green, gassed to ripen or irradiated to keep it from spoiling for shipping purposes. The BFBL supporter knows that their purchases reward the grower for their efforts to provide the best produce possible in the area. While commercially shipped produce will always be needed in our area, it's comforting to know that the members of BFBL value vine and tree ripe.

Corn Maze

Spend an afternoon exploring the corn maze any Friday or Saturday in the month of October from 10:30am to 6:00pm. Country Corner is two miles North of Alpha IL on route 150. Call (309) 629-2359 or visit www.country-corner.com for more information.

Letter to the Editor

BUY FRESH BUY RESPONSIBLE

by Scott Smith

In 1982 I was shopping for apples in Washington State. They grow the absolute best apples just east of the Cascade Mountains in the foothills simply because of the weather and lay of the land. I had been buying apples there for several years by then and was familiar with several smaller growers that I liked to use because they didn't have packing sheds and we liked to grade our own apples right in the stores at Mr. Home Grown so folks could watch and the apples didn't get waxed. We could pick out the particular block of apples or pears we wanted them to pick for us and in less than a week they would be in our stores or in cold storage in Bettendorf for us to get as we needed them. I was looking at a beautiful block of Golden Delicious that where about two weeks away from being perfect. I told the farmer that I would like this block of apples watched and picked in approximately two weeks and sent home to Iowa. His response was that he would love to sell me the apples but we are going to pick them tomorrow. No I said they are too green and they do not ripen right after picked. I have to pick them tomorrow because if you were to change your mind the super market chains would not buy them because they will not keep as well. We argued back and forth for a while he said the big chains did not care what the apples tasted like as long as they could get longer storage time out of them and I left without buying a thing from him. That's just one more way that the big guys are cheating us out of the good stuff. Apples are just one of the produce items that I would not buy at a super market unless I could not find it elsewhere. They can take the greatest piece of fruit and make it eat like a potato. Buy your apples and refrigerate right away they would love it at 30 to 32 degrees even colder and 90% humidity. Several varieties will keep for months this way and they have enough sugar in them most will not freeze until about 28 degrees.

Featured Vendor Geest Farms

This month we feature Geest Farms. Katey and Ed have been long term members of Buy Fresh Buy Local, serving on the board for several years and helping out with fund raising. Located 1 ½ miles East of Blue Grass, Iowa the Geest farm has been in the family since 1938. Specializing in corn soybeans and hogs for many years, their son Dieter has been focusing on Angus and Wagyu beef and has been rotating the planting with wheat and barley. With Dieter taking over responsibility it looks like the Geest farm will be in the family for many more years. You can find Katey and Ed selling at the Freight House Farmers Market Saturdays from 8am to 1pm.



Earth Charter Summit

Local food was the main topic of this years Earth Charter Summit at Augustana College, September 26th. Pictured here is Kamyar Enshayan, Director of University of Northern Iowa Center for Energy and Environmental Education. Dr Enshayan shared his expertise on the benefit of local foods to both our health and the local economy. A key force behind the Buy Fresh Buy Local movement at the UofNI, Dr Enshayan shared with the audience that one dollar of marketing by a local organization such as Buy Fresh Buy Local generates over \$14 dollars of local revenue. Other topics included Local Food Co-Op, Community Gardens, Farm to Cafeteria, Seed Saving, Reducing the Carbon Footprint and information for Food Services and Government Officials.



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:

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Pumpkins

The name pumpkin originated from the Greek word for “large melon” which is “Pepon.” Pepon went through cultural phases and was known as “Pompon”, then Pumpkin, and eventually to the PUMPKIN we call it today. There are more than 38 pumpkin patches in Iowa with a rise in acres dedicated to pumpkin harvest rising from 330 in 1989 to 839 in 2000. Made of 90% water, pumpkins are the largest fruit. The greener the pumpkin, the more water it contains. With 80% of the pumpkin supply in the U.S available in October, do you have your pumpkin yet?



Pumpkin Praline Cheesecake



Adapted from verybestbaking.com

I first made this cheesecake as a first-semester college freshman, baking in my dorm's kitchen. Yes, I brought a springform pan to college. Several, actually. Anyway, the cheesecake was a way to use up some homemade pumpkin pie filling I had used to make a pumpkin pie the day before. If you're interested in the filling recipe, I've included it at the bottom of the recipe. Otherwise, just use the baked pumpkin and spices recommended in the cheesecake recipe.

CRUST

- 1 1/2 cups graham cracker crumbs**
- 1/4 cup granulated sugar**
- 1/3 cup melted butter**

PRALINES

- 1 1/2 cups chopped pecans**
- 1/2 cup packed brown sugar**
- 2 tablespoons water**

CHEESECAKE

- 1 pkg. (8 oz.) cream cheese, softened**
- 1/2 cup packed brown sugar**
- 1/2 cup cornstarch**
- 1 teaspoon ground cinnamon**
- 2 large eggs**
- 2 lbs. baked and puréed pumpkin**
- 2 tsp. pumpkin pie spice (or 1 tsp. cinnamon, 1/2 tsp. allspice, 1/4 tsp. freshly-ground nutmeg, and 1/4 tsp. freshly-ground cloves)**

Preheat oven to 350° F.

CRUST:

Combine graham cracker crumbs and granulated sugar in large bowl. Stir in butter. Press onto bottom and 1 inch up side of 9-inch springform pan.

PRALINES:

Combine nuts, brown sugar and water in same bowl. Reserve 3/4 cup praline mixture for topping. Sprinkle *remaining* praline mixture over crumbs in pan.

Bake for 8 minutes or until lightly browned. Cool on wire rack for 10 minutes.

FOR CHEESECAKE:

Beat cream cheese, brown sugar, cornstarch and cinnamon in same bowl. Beat in eggs. Beat in pumpkin pie mix. Spoon over nuts and crust.

Bake for 50 to 60 minutes or until edge is set but center still moves slightly. Sprinkle with reserved praline mixture.

Bake for an additional 10 to 15 minutes or until center is set. Run knife around edge of cheesecake. Cool in pan on wire rack. Refrigerate for several hours or overnight. Remove side of springform pan.

Homemade Pumpkin Pie Filling

Adapted from *Pie Pie Pie* by John Phillip Carroll

1 ½ cups heavy cream
1 tablespoon (about 1 ¼ envelope) unflavored gelatin
1 teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground cloves
¼ teaspoon salt
3 eggs
¾ cup sugar
2 cups pumpkin purée

Whisk together the evaporated milk and gelatin in a medium, heavy-bottomed saucepan. Let stand for a few minutes to soften the gelatin. Add the cinnamon, ginger, cloves, and salt and whisk until blended. Add the eggs and sugar and whisk again until blended and smooth, Cook over moderate heat, whisking almost constantly, for 7-10 minutes, until the mixture thickens slightly and you see wisps of steam rising, but do not let it boil. Remove from the heat and add the pumpkin, then whisk until completely smooth. Remove from heat and let cool to room temperature. Refrigerate until firm, 6 hours to overnight.

This recipe made enough filling for me to make a 9-inch pie and a 9-inch cheesecake. If you're going to make the pie, you don't need to chill the filling before pouring it into a prebaked crust. The entire pie should then be chilled until the filling is firm.