



What's Fresh

Buy Fresh Buy Local of the Quad Cities

Volume 1, #2 August 2009

"A newsletter to connect local growers and consumers"

Vander Veer Botanical Park

Most botanical centers, conservatories and zoos are hard pressed to afford more than a minimal work force. Then we have Vander Veer Botanical Park who added thousands of workers in late June. They work from sun up to sun down every day (except during rain) and cost the city nothing. Wow, what a work force! Of course I am talking about the new honeybee observation hive. This four frame observation hive was the brain child of Paula Witt a Interpretive Horticulturist and Volunteer Coordinator for the Conservatory. The enclosure was built by Paula's husband with a portion of the plexiglass being donated by Cope Plastics of Rock Island. Crandall Farms supplied the bees and will do the ongoing maintenance. Stop in and see it!



Vendor Spotlight

Happy Hollow U-Pick

Started in 1995, Stephen and Susie Andrews have been growing ever since. Happy Hollow specializes in Boer, Boer Cross goats and Black Belly Barbado Sheep as well as a full line of produce. With 50 goats and 150 sheep Stephen and Susie are very busy! Then add the various markets Tuesday through Thursday and Saturday and that they operate a U-Pick and give school pumpkin tours in October, and you can easily see how busy they are. You can get more information about Happy Hollow U-Pick at www.happyhollowupick.com or you can reach them by email at SandSAndrews@aol.com



locavore: one who eats foods grown locally whenever possible

Thumbs Up!

This month our thumbs up goes to our very own Cathy Lafrenz. She raised \$320 for the CCC food pantry at Miss Effie's ice cream social. The money will be used to buy gift certificates that can be used at the Freight House to purchase fresh, local foods for the food pantry.



Salsa!

Don't miss the salsa making demonstration at the Freight House on Saturday August 29th. Our own Cathy Lafrenz will be showing everyone what to do with all those fresh peppers and tomatoes!



Featured Market

The Trinity Farmers' Market is our featured market this month. Still a relatively new as QC markets go

Trinity has been growing rapidly since it started three years ago. Located in the Trinity Terrace Park Hospital parking lot just off of Utica Ridge Road in Bettendorf the



Trinity market services a wide range of consumers. Many of their customers prefer a smaller market or just don't want to fight the traffic at the bigger venues. As you would expect many of the people visiting the hospital take a moment to see what the market has to offer. Stop by and see for yourself everything they have to offer. It is open from 3pm to 6pm Mondays thru October.

Buy Fresh Buy Local has a New Website!

As part of the plan to get out there and communicate more with our

membership we have started a new website. Designed by Megan Crandall and programmed by Brandon



Cooper, both volunteers, it is really starting to take shape. It will contain the articles from this newsletter as well as others and will archive the complete newsletter if you miss a month. Plans are also in place for the provision of information on all the current members or links to their website. We encourage you to subscribe to email notifications of new issues of the news letter. The Buy Fresh Buy Local Website is at www.bfblqc.org.

Technology Focus

“What is Market Maker?”

In the ever increasing sophisticated market environment Illinois and Iowa growers have help. Market Maker is a free service connecting growers and customers. Growers can



request a map containing consumer information. Both Illinois and Iowa universities participate in this free program. Get registered today to see what it's all about! Illinois growers and consumers use:

<http://www.marketmaker.uiuc.edu/>
For Iowa go to <http://ia.marketmaker.uiuc.edu/>

Augie Gardens

As if it wasn't difficult enough for college students to adapt to college life, maintain their grades and still graduate in four years, several Augie students have taken on the additional task of starting what is being called “Augie Gardens”. Started on land unusable for other purposes with mostly donated seeds and plants the produce from this garden has been used to supplement cafeteria food as well as support a

informal farmer's market on campus next to the gardens on Friday mornings. Most of the workforce of up to 25



students are at home for the Summer leaving 7 students to stay ahead of the weeds and harvest until late August when the college will be back in session. Three of the 7 students are pictured here. From left to right are Leah Mortenson, Stephanie Dilling and Bryan Schmid. Hopefully the idea that took root here will produce harvests for many years to come.

Upcoming Events Gourd Staining

Create beautiful fall centerpieces at the Inspirational Cup and Gift Gallery at 2724 Brady Street, Davenport. The gourd staining class will



start at 1 pm on August 25th and run about 2-2.5



hours. You will be staining your own apple gourd to take home.. Everything will be supplied for the \$25.00 fee. Set it on a table or find a wreath of fall

leaves to wrap around it! Call Diane at 563-343-2765 to register.

(Somewhat) Local Food Conference

Fairfield Iowa

Friday, September 4th, 2009 from 10am to 4 pm will be



"Producing Sustainability - Growing, Food, Lives, and Economies". The conference will be held at the Fairfield Arts and Convention Center in Fairfield, Iowa. A few of the topics discusses of interest to growers are:

- Farm to Institution: Making the Sale
- CSA's: Is This an Alternative for You?
- Agri Tourism as Diversification
- Online Marketing: Let the Web Work for You

Early bird registration is \$45 and includes a locally grown lunch. Discounts available for Buy Fresh Buy Local members and students. For more information call (641)472-6177

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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Go Green

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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.

“Why Grandma’s Canning Methods Won’t Work”

Preserving foods in your pantry gives you a wonderful sense of security and accomplishment. New research has recommended up to date processing and methods. Attend a free one hour training from 10-11am or 1:30 to 2:30pm on August 10th at the Scott County Extension Office off Tanglefood Lane in Bettendorf Iowa. From 10am until 3pm you can also get your dial type pressure cooker gauge tested for \$3 per lid. Contact Vera Stokes at (563)359-7577 for more information.



Sweet-Sour Beef and Rice

Serves 6-8

3 lbs. cubed stew meat
½ tsp. salt
2 onions, diced
2 Tbsp. Worcestershire sauce
2 Tbsp. brown sugar
½ cup flour
1 green pepper, sliced
¼ cup soy sauce
2 Tbsp. red wine vinegar (or other vinegar)
¾ cup water
Cooked rice



Combine all ingredients except rice in a crockpot or casserole dish. Cook on high in a crock pot or in a 300 degree oven for three hours. Serve over rice.

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 until she leaves in the fall to return to school. You can find Emily this Summer helping out Oak Hill Farms inside the Freight House Market on Saturdays. If you have your own recipe of how you use local foods, contact Emily at (715) 587-3140.