

# FRESH. LOCAL. FUN.

PRINCE GEORGE'S COUNTY, MARYLAND

Minutes from Washington, D.C. and centrally located,  
discover Prince George's County farms,  
farmers and food.



## APRIL 2014

"April is a promise that May is bound to keep." ~Hal Borland

### FRESH.

#### Greenbelt Farmers Market

On Sunday, April 13th, 10:00am there will be one last farmer drop before the market opens for the regular season on May 11th. [Sign up for their newsletter](#) to receive the list of farmers and products available for pre-order and pickup.

### LOCAL.

#### Marc Steiner Show with County Farms Now Available as Podcast

If you missed the 2013 interview the first time around, [you can now download a Marc Steiner show interview](#) with three Prince George's County farms – [Accokeek Foundation](#), [P.A. Bowen Farmstead](#) and Bald Eagle Farm – as a podcast. Who says your commute has to be all traffic and weather news??

### FUN.

#### Herbal Medicine Making Workshop & Workshare Opportunities

Saturday, April 19th, 10am–4pm

This [Centro Ashe](#) class will be a hands on day including herbal plant walk around the farm, a foundational background in herbalism and medicinal herbal preparations including tincture making as well as a medicine making rotation medicinal oil, herbal salves, and more. Each student will leave with their own tincture, salve, and vinegar, an incredible beginning to an herbal medicine kit! We will go through folk medicine making techniques and students will have an opportunity to get hands on harvesting and creating their own medicine!



Lunch is potluck style; please bring something to share as well as your own mug for tea and water bottle. Please plan to arrive at class at least 15 minutes early in order to get grounded and start on time. Any questions please contact 301-375-6082 or [info@centroashe.org](mailto:info@centroashe.org). Cost: \$55. Pre-Registration is required. Directions and registration form [here](#).

**Centro Ashe is also offering four workshares** for those who would like to receive reduced tuition for their **Grassroots Herbal and Holistic Wellness Program**, a community based herbal program.

This program offers a chance to explore folk herbalism from various traditions, and to understand nature's ability to support our health, strength, and vitality. The series is an introduction and includes herbal fundamentals, North American and Mid-Atlantic medicinal plants (and others), practical and therapeutic applications of herbs, body system therapeutics, nutritional healing, herbal preparations and medicine making, creating sacred space using herbs, guided meditation, harvesting and wild crafting plants, permaculture and herbal gardening, herbal energetics and more. You will receive expert instruction from the abundance of local, expert knowledge. [For details about the curriculum, class dates, workshares, and registration read more here.](#)

### **Black Swamp Creek Plant Swap & Grow-It Fest**

**Saturday, April 26th, 9am-1pm**

Bring labeled plants to swap for other annuals, perennials, herbs, vegetables, shrubs, trees, bulbs, seeds, farm and garden stuff. Plus, rain barrel sale with rebates!

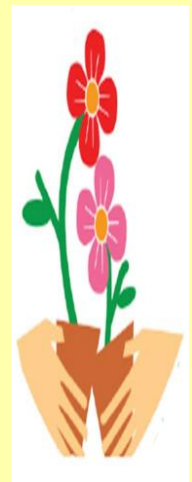
Support locally grown through a compost sale, plant sale, farm displays, gardening demonstrations, and learn more about [Black Swamp Creek Land Trust](#) preservation efforts.

Hosted at the restored tobacco barn, 19070 Poplar Ridge Rd. Brandywine MD. [Print out this flyer](#) to share with friends and neighbors!

### **Spring Farm Festival at Hard Bargain Farm**

**Saturday, May 3, 11am-4pm**

Celebrate Spring with a visit to Hard Bargain Farm! Highlights include a plant sale, farm products for sale, live music, arts & crafts and hay wagon rides to the Potomac River (nominal fee).



There will also be barnyard demonstrations and kids' activities at the log cabin. Food and refreshments available for sale. Admission is \$5.00 per car.

Address and more information [here](#).

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