April 2015

"Soil is a living ecosystem, and is a farmer’s most precious asset. A farmer’s productive capacity is directly related to the health of his or her soil."

~ Howard Warren Buffett

FRESH.

Farmers Markets & Local Food Drops
It’s about that time, Folks! Several farmers markets are opening this month to provide you with delicious and nutritious locally-grown, raised and produced foods. In addition to your old favorites, a few new markets are opening up next month. Stay tuned for details!

Branch Avenue in Bloom opens for the season on Saturday, April 25, 9am - 12pm. Among their vendors this year is Prince George’s County’s Ecosystem Farm at the Accokeek Foundation!

For more information about the market and vendors, visit their website and Facebook page.

Downtown College Park Farmers Market opens Sunday, April 12th, 10am - 2pm. The market is celebrating its fifth season of operation, which will be its biggest yet with more than 20 vendors expected to attend throughout the season. Products available this year will include BBQ, beer, bread, cheese from P.A. Bowen Farmstead, chocolate, crepes, fudge, gluten-free baked goods, meat, pickles, produce, root beer, tea, wine, and much more. Free parking on Sundays is available in Downtown or the street or in the parking garage across from the market.

For more information about the market and vendors, visit their website and Facebook page.

Sustainable Ag Tuesdays
Tuesdays in April, 6pm

The Institute of Applied Agriculture’s Sustainable Tuesdays Program hopes to cater to all those interested in agricultural sustainability by opening the Sustainable Agriculture Tuesdays series to all UMD students and faculty. The series is already underway, meeting Tuesday evenings from 6-8 p.m. in room 1123, Jull Hall. See flyer for details.

"Weekends on the Farm"
Intertwining History + Science through Interpretation
Accokeek Foundation
Weekly; Saturdays and Sundays, 10 am - 4 pm.

The National Colonial Farm invites visitors to examine a different current-day environmental issue through the lens of history. What historical paths did Americans follow that have led us to this
Farmer Market at Maryland is open! Stop by the Cole Field House (front parking area) on Wednesdays through November 18. Shop for locally produced pastries, breads, produce, meats, goat cheese, pickles, goat cheese, wine and salad dressings.

For more information about the market and vendors, visit their website and Facebook page.

Hollywood Farmers Market is set to open for the season on Saturday, April 25, 9am-1pm! Prince George's County producers include Red Chimney Flower Farm, Caspari Farm, Morning Glory Farm, and SunSplash Farm. The City of College Park posted a recent article on their blog about the Hollywood and Downtown College Park markets with more information about the season.

For more information about the market and vendors, visit their website and Facebook page.

Several Greenbelt Farmers Market vendors will have one more food drop on April 19 before the market officially opens on May 10. Order products from Shlagel Farms, Two Oceans True Foods, Ferguson Family Farms, Zeke's Coffee, Romano Vineyard and Winery, Three Springs Fruit Farm, and Stone Hearth Bakers. Opening day for the 2015 season is Sunday, May 10. Stay tuned for more details next month!

Please visit the market's website or Facebook page for more information.

Riverdale Park Farmers Market switches back to its outdoor space this month on Thursdays, 3 to 7pm. Enjoy product from many market favorites including Groff's Content Farm, Eco City Farm, Cat's Paw Organic Farm, Zeke's Coffee, Stone Hearth Bakery, Romano & Elk Run vineyards, REX Farms Orchard and Peachy Family Dairy.

For more information about the market, visit RPFM's website and Facebook page.

BUMBA Demonstration Spring Greening Fair
April 18, 12- 4pm

Come learn about honeybees and beekeeping with BUMBA (Bowie-Upper Marlboro Beekeepers Association)!

Location: Mt Rainier Nature & Recreation Center (M-NCPPC event)

Visit BUMBA's website for details.

Modern Homesteading: Biochar
Accokeek Foundation
April 19, 12 - 3 pm

Learn the art and science of turning woody yard waste into a carbon-rich soil amendment that is easy to make and will benefit your garden for years to come. Participants will produce biochar using a low-
P.A. Bowen Farmstead Winter Drop-Off

While their Winter Drop-Off Service has ended, you can now find P.A. Bowen at the following farmers markets:

Anne Arundel County Farmers Market starting Saturday, April 4th, 7am to 12pm, at Harry Truman Parkway in Annapolis. They will be there every Saturday!

College Park Farmers Market starting Sunday, April 12th, 10am to 2pm. They will be there on the first Sunday of the month thereafter. The market is located at 4500 Knox Road, College Park.

If you have any questions or requests, call Amy or Brian at 301-579-2727 or send them an email at: info@pabowenfarmstead.com. Visit their website for more information about the farm and to schedule a tour.

Find the full list of county markets here. This list will be fully updated by May 1.

LOCAL.

Romano Vineyard & Winery
Did you know that the Romanos were presented with a Business Trailblazer Award by the Prince George’s County Economic Development Corporation? Congratulate them the next time you stop in for a tasting or at one of the following special events!

- Open House every Saturday, 12-5pm
- Vino & Vinyl - Wine Tasting and Custom Wine Glass Decorating with Vinyl Glassy Gurlz, April 17, 7-9pm.
- Spring Vendor Fair - May 2, noon - 5pm - Cabin Creek Heritage Farm will be there with their charcuterie!

For more information, visit their website and Facebook page.

NEW DATE!
3rd Annual Growing Community Gardens
April 18, 9-2pm

Join University of MD Extension’s gathering for Prince George’s County gardeners to build community, learn from each other and gain gardening skills.

Cost is $12 which includes your lunch, interactive workshops about gardening, and a small local vendor fair!

Location:
UMD Center for Educational Partnership
6200 Sheridan St, Riverdale, MD 20737

For more information and to register, visit the Extension page.

Managing High Blood Pressure with Herbs
Smile Herb Shop
April 18, 4-2pm

Learn to manage high blood pressure safely and effectively with the use of herbs. This class teaches 10 herbs known to help in High Blood Pressure and how to gain confidence using them by knowing most of them in the garden. High Blood Pressure is epidemic in the USA with 1/3 of the population at the age of 30 and 50% of the population at
Eco City Farms: Soil Rebuilding & Nutrition Education

Neighborhood Soil Rebuilders Community Composting Course is an in-depth course training new community leaders in composting. The classes will be held over two weekends, April 24-26, May 8-10 at 9am-6pm on Fridays, Saturdays 1pm-5pm on Sundays.

Learn about the compost process, from building piles to using the finished product, gain experience in building and managing compost systems and develop leadership skills and promote community composting. The application deadline is TODAY, Wednesday, April 1.

Let’s Talk Food! Nutrition Education Workshops
ECO City Farms is conducting community conversations about Healthy Eating and Active Living (HEAL), integrating healthy food choices into our lives. These free two hour sessions bring practical information about food and nutrition. The goal is to promote good health habits and a healthy life style for children and adults in Prince George’s County. See the schedule below and refer to the website for more information.

- Thursday, April 16, 8:30am to 10:30am @ Templeton Elementary School
- Friday, April 17, 9:00am to 11:00am @ Riverdale Elementary School
- Saturday, April 18, 2:00pm to 4:00pm @ Magic Johnson Community Empowerment Center
- Friday, April 24, 8:30am to 10:30am @ Port Towns Elementary School

For more information about ECO City Farms programs, please visit their website and Facebook page.

Cabin Creek Heritage Farm
Cabin Creek’s laying hens are really liking the warmer temps and longer days! Their egg production has picked up so they have plenty of soy-free/corn-free eggs available on-farm and at farmers markets! Brown eggs come in a variety of colors and make beautiful Easter Eggs!

The farm store is open Thursdays 10-4, Fridays 10-4, Saturdays 10-2, and by appointment.

Stock up on woodland raised Berkshire pork, charcuterie, pasture-raised soy/corn-free eggs, grass fed and finished lamb, pastured chicken, rabbit (new this season!), goat milk soap, turkey, home-spun yarn, and hand-knit items.

Also, they offer CSA shares in 4-month increments year-round and are partnering with other local farms to bring their CSA customers organic produce.

Smile Herb Shop grows many herbs for your culinary and medicinal interests. Visit their store in College Park!

BUMBA Demonstration Maryland Day
April 25, 10am-4pm

Celebrate bees at UMD’s Maryland Day in College Park. BUMBA (Bowie-Upper Marlboro Beekeepers Association) will set up a demonstration hive at their booth located at Regents and Farm Drive, across from horse barn, at the entrance to the Ag courtyard. It’s their largest event of the year, introducing hundreds of visitors of all ages to bees!

Visit BUMBA’s website and the Maryland Day website for more information.

MD Ag Education Foundation Poster Contest
May 1 Deadline

Calling all students, K-12! Submit your best farm artwork to the MAEF Poster Contest. If your artwork is selected, it will appear in the 2015-2016 MAEF Calendar. Please visit their website for details!

Centro Ashe 2015 Classes

Upcoming classes include: Herb Camp for Kids (begins in June on Tuesdays mornings!)
Visit their [website](#) and Facebook [page](#) for details.

**High–Tunnel Building at Terp Farm**

**Date:** April 10-11  
**Location:** Terp Farm, Upper Marlboro

Future Harvest and Terp Farm, University of Maryland’s sustainable campus farm, are teaming up to bring you a new twist on the old-fashioned barn raising: an intensive workshop in which participants help construct a high tunnel from start to finish. Over the course of two days (April 10-11), you will work with Guy Kilpatrick, Terp Farm’s Lead Agricultural Technician, to build a 48’ x 22’ high tunnel.

This **intensive workshop** will give you the skills and confidence to purchase and build your own high tunnel, as well as knowledge about tool and site selection, and the basics of growing crops in high tunnels. Participants will also have a chance to examine an existing high tunnel on Terp Farm that’s already in production. **The workshop is limited to 10 participants so RSVP ASAP.** A delicious breakfast and lunch will be provided by UMD Dining Services on both Friday and Saturday. If you have any dietary restrictions, [email Liana](mailto:) so that they can accommodate you.

**Beekeeping Workshop for Farmers and Landowners**

**Date:** Saturday, April 25, 2015.  
**Location:** Prince George’s County Soil Conservation District, Upper Marlboro

Have you ever considered keeping honey bees? Have you ever wondered if beekeeping is for you? The University of Maryland Eastern Shore’s (UMES) Small Farm Outreach Initiative will host an Introduction to Beekeeping Workshop for Farmers and Landowners. Participating in this workshop will provide the perfect opportunity for anyone wanting to learn the basics of beekeeping.

**Workshop topics include:** Why Keep Bees, Equipment and Tools Needed to Get Started, Honeybee Biology, Diseases and Pests and much more.

For more information visit the UMES [website](#).
Visit the calendar on the Prince George's County Farm Fun website for information about more local farm and food events!

**FUN.**

**Food Chains Film Screening**  
**Date:** April 8, 7-9pm  
**Location:** UMD School of Public Health, Room 1312

The University of Maryland Dining Services, College of Agriculture and Natural Resources, Institute for Applied Agriculture, School of Public Health and University of Maryland Extension will host a screening of Food Chains on April 8. This event is open to the community and includes refreshments and a post-film discussion circle.

In this exposé, an intrepid group of Florida farmworkers battle to defeat the $4 trillion global supermarket industry through their ingenious Fair Food program, which partners with growers and retailers to improve working conditions for farm laborers in the United States.

And if you haven’t heard, the University of MD Extension, Prince George's County is hosting a community gardening workshop this month. See the events side bar or click here for details.

**Savor Bowie – Food, Wine & Music Festival**  
**Date:** April 25, 11am - 6pm  
**Location:** Bowie Town Center

Join Concert for Causes at Bowie Town Center for a fun day of complimentary food and wine tastings! There will be a variety of local vendors and artisans in addition to an antique car show and other music and entertainment. Admission is Free. Visit their website for details and to see a list of participating vendors.

Concert for Causes is a non-profit organization raising funds to give musical instruments to students in underserved communities.
Buy Local Cookout looking for Recipe Submissions

Maryland Governor Larry Hogan invites local chefs to submit recipes for the annual "Buy Local Cookout" held mid-July. Recipes are due by May 8 and all of the submission details can be found [here](#).

The "Buy Local Cookout" celebrates and promotes the statewide [Buy Local Challenge Week](#), from July 18-26, during which Marylanders are encouraged to eat at least one local food item a day. See last year's delicious submissions [here](#)!

The *Prince George's County Farms & Food Newsletter* and [pgcountyfarmfun.com](http://pgcountyfarmfun.com) are both published by the Agriculture Marketing Consultant of the University of Maryland, Prince George's County. University of Maryland Extension is a statewide educational organization funded by federal, state, and local governments. Our mission is to support Maryland's agricultural industry; protect its valuable natural resources; enhance the well-being of families and individuals, both young and old; and foster the development of strong, stable communities. University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin.