

# 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.



## AUGUST 2014

"In summer, the song sings itself." ~William Carlos Williams

### FRESH.

#### August Farmers Markets

**The Southern MD Regional Farmers Market: Agriculture Wholesale Auction.**

Located in Cheltenham, [SMRFM is a marketing and educational facility](#) conducting wholesale produce sales and agricultural products auctions. It offers a wide variety of agriculture products for auctioning:

- Hanging Baskets, Bedding and Vegetable Plants in the Spring
- A large selection of Vegetables and Plants in the Summer
- Hay and Straw in the Winter

Summer Hours: the Produce Auction will operate Thursday nights, 7:00pm.

**Register and participate in the auction!**

**The Capitol Heights Farmers Market** will no longer host a Wednesday market, but you can still stop by on Saturdays!! Visit them at the [Walker Mill Square Shopping Center](#), 10am-5pm.

Find the full list of county markets [here](#); or [download a printable brochure version](#).



### LOCAL EVENTS

**Modern Homesteading Workshop Series: Nature's Bounty: Food Foraging and Wild Edible Transplantation**  
**August 17th, 2pm-5:30pm**  
**Accokeek Foundation**

Walk the trails at Accokeek Foundation and learn how to identify edible plants growing in the wild. Participants will help to create a mushroom orchard on the farm. The service component will consist of sustainably harvesting nettles and jewel weed from wild plants growing within the farm's buffer, for propagation on the farm.

Participants should wear suitable clothes and shoes for working outdoors, hiking trails, and getting dirty; bring a water bottle and snack! Each workshop will take place once a month, on Sundays throughout the season from 2pm - 5:30pm (unless otherwise noted). Participation is free; [registration is required online](#) or call 301/283-2113.

Next month's topic: Food

## LOCAL.

### Mitchellville Entrepreneur Has a Passion for Chickens

'Clearly, this is my passion,' Michele Allman said. She looks over the chicken coop at her Mitchellville home, where 26 hens and one rooster are strutting and clucking. Passion may be an understatement. [Read the entire article.](#)



Photo: Atalie Day Brown

### ECO City Farms Recruiting Fall/Winter Interns & Apprentices

ECO's apprenticeships and internships present an immersive, hands-on opportunity to learn about sustainable urban agriculture by working directly with experienced farm staff. In addition, you make a significant contribution to ECO's programs.

**Apprenticeships** are for those who've demonstrated a long-term commitment to farming. It is a weekly 16-hour commitment. Apprentices receive a weekly CSA bag, in-kind opportunities for workshops, courses and farm visits, and a weekly travel stipend.

**Internships** are for those who want to get a feel for urban farming without making a huge commitment. It's a weekly 6-hour commitment. Interns are unpaid, but receive in-kind opportunities for workshops, courses, and farm visits.

Both Internships and Apprenticeships run in 2 cycles: a spring/summer season (March–September) and a fall/winter season (September–March). How to Apply: To learn more about the program, the curriculum, and how to apply, [click here](#). For additional questions, [email](#) Farm Manager Deborah.

### P.A. Bowen Farmstead Recruiting Interns

Are you interested in interning at [our farm](#)? We now have positions available. Our interns learn about each aspect of the farm: pastured chickens, pastured pork, grazing of the dairy cows, and cheese making. Some store (and perhaps farmers market) experience is included. We are starting a greenhouse, which is a potential intern project.

If you are interested, please [email us](#) and include "INTERN" in the subject line. In the message, please provide a description of yourself and any experience you might have. Experience is not required – just a positive attitude and a willingness to work hard!

Preservation: Canning and Seed Saving

### SAVE THE DATE! Food for Thought Festival September 20th, 12pm-5 pm

Explore the intricacies of the local food movement through discussion, theater, DIY workshops, games and – of course – food. Held on the green pastures of the historic National Colonial Farm, this fun and interactive event will feature nationally and locally recognized writers, activists and performers inspiring us to eat sustainably and well.

#### Special guests include:

Forrest Pritchard, Virginia farmer and author of [Gaining Ground: A Story of Farmers Markets, Local Food, and Saving the Family Farm](#); JuJu Harris, culinary educator and author of [The Arcadia Mobile Market Seasonal Cookbook](#); James McWilliams, professor and author of [Just Food: Where Locavores Get it Wrong and How We Can Truly Eat Responsibly](#); Sarah McKinley, Co-Chairperson of Slow Food DC

Watch cooking demonstrations and sample tasty food; attend a museum theater performance; compete in a "food miles" race; challenge yourself to taste food not normally on our plates (crickets anyone?); and enter the corn costume competition to be crowned King or Queen Corn for the day. Bring your family and your appetite to the [Accokeek Foundation](#) at Piscataway Park for this inaugural family-fun event!

## FUN.

### Romano Vineyard & Winery in August

During the dog days of summer there's nothing better than enjoying vine-ripened tomatoes, sweet corn and local livestock products on the grill. The only thing that would make it more perfect is enjoying it with a local wine! This month they'll have an Open House every Saturday, 12pm-5pm! Information and directions [here](#).



You can also find Romano's wines at these farmers markets: [Montpelier Farms](#) on August 9th; [Southern Maryland Hospital Center](#) on August 20th and [Riverdale Park](#) on August 21st.

### Want Milk on the Moove?

Local landowner Debra Naylor was recently in France and shared this photo with an explanation, "here's a vending machine outside a French grocery store chain. This machine dispenses local farm milk 24/7.

The compartment on the left is where you buy a bottle (you can also bring your own bottle). You pay for the milk next and, on the right, you open the cow door when you can fill your bottle from a machine... the best part is that the machine "moos" at you while you fill the bottle!!"



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\$5 admission/person; children under 5 are free.

### SAVE THE DATE! Chesapeake Herb Gathering September 27-28, 2014 Nanjemoy

Enjoy a day of workshops, local vendors, and networking with local medicine makers, teachers, clinical herbalists, healers, botanists, farmers, plant people, artists, homesteaders, and more!

This year's keynote speaker is Susan Leopold of United Plant Savers!

Information & pre-registration [here](#).

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