August 2015

"The biggest thing you can do is understand that every time you're going to the grocery store, you're voting with your dollars. Support your farmers' market. Support local food. Really learn to cook."

- Alice Waters

FRESH.

Celebrate National Farmers Market Week

Governor Larry Hogan has designated August 2-8, Farmers' Market Week in Maryland to coincide with National Farmers Market Week. The Maryland Department of Agriculture (MDA) encourages citizens to celebrate the week by visiting farmers' market and buying local products. There are more than 140 farmers' markets across the state - at least one in every county and Baltimore City.

Check the 'Fresh. Local. Fun' website for a full listing of farmers markets in Prince George's County where you can purchase local products. You are also welcome to download the brochure.

Food & Dance Demos at Hyattsville Farmers Market

Hyattsville Farmers Market celebrates National Farmers Market Week today, August 4! They will have a food demo and tasting and dance demo by local students of Ballet Tap And All That Jazz Dance Studio. Author of Chunky and the O-Beast, Joseph Vivens, will be here selling his book that teaches kids the importance of healthy eating and active living. Of course there will be other kid friendly activities such as sidewalk chalk art, bubbles and activity sheets. Prince

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Field Crops Research Twilight Tour
August 6, 4-9pm

You are invited to attend a Field Crops Research Twilight, Barbecue and Ice Cream Social at the Central Maryland Research & Education Center (2005 Largo Road, Upper Marlboro, MD). A barbecue dinner will be served followed by homemade ice cream prior to the evening tour. University of Maryland Extension Educators and Specialists will showcase their field crop, vegetable and fruit research plots. This event is FREE; however, a reserved meal ticket is required.

To register, please contact the Anne Arundel County Extension office at 410-222-3900. Please let them know if you need special assistance to participate.
George's County farmers include Primaterra Farm and Cabin Creek Heritage Farms.

The market has food demos and tastings almost every week and their Call-A-Bus service will pick up Hyattsville residents, take them to the farmers market and drop them off back home for FREE. All residents have to do is call 301-985-5020 by 2pm the day before (Monday) to make a reservation.

Riverdale Park Farmers Market Featured on WJLA’s Good Morning Washington!

Riverdale Park Farmers Market’s Jim Coleman and ECO City Farms’ Deborah Wren were both featured on WJLA’s ‘Good Morning Washington.’ Watch here! Just a reminder that this market is open on Thursdays, 3 to 7pm.

Port Towns Farmers Market is in Full Swing

Come by on Saturday mornings from 10am-1pm to meet local farmers, support local food businesses, get your fresh, local produce and tasty foods, hear live music, and fun for kids.

This is your new neighborhood farmers market at the corner of Emerson Street and 58th Avenue in Bladensburg, near the Port Towns Elementary School.

Learn how to prepare and cook fresh produce through cooking demonstrations.

Market vendors take WIC and Farmers Market Fruit and Vegetable Checks and customers can use SNAP/EBT to buy SNAP-eligible foods. Get valuable coupons for future purchases at the market and find out how to cooking healthy can be affordable. Port Towns Farmers Market is open each Saturday until October 3.

'Farm to Table' Art Show at the New Deal Cafe in Greenbelt

The Greenbelt Farmers Market is partnering with the Friends of the New Deal Cafe Arts to present a ‘Farm to Table’ Group Art Show. Kicked off during the Buy Local Challenge, the show will remain at the New Deal Cafe (113 Centerway, Greenbelt, MD) during the month of August. Visit the New Deal Cafe’s website for hours and location.

BUMBA Meeting
August 6, 7:30 - 10pm

Join BUMBA for their next beekeepers meeting at Watkins Park Nature Center. You don’t have to be a member to participate!

Deadline for Submitting EOI for SMADC’s Ag and Food Center
Deadline extended to August 7

"Expressions of Interest" (EOIs) from landowners with suitable land in Southern Maryland for sale or lease are now being accepted for the Southern MD Agriculture Development Commission's Ag Business Park and Food Innovation Center. Information regarding the project and EOI can be found on SMADC’s website.

SMADC is still looking for input and would appreciate you taking the time to complete this short survey.

Spice Queen Cooking Class
Smile Herb Shop
August 15, 3-5pm

The spirit of food is flavor and there is so much more to flavor than salt and pepper. Join Certified Nutrition Coach Rosaline Law and experience the health benefits and exceptional flavors of cooking the Spice Queen way. Learn the difference between using dried and fresh herbs and spices to elevate food to another level without adding in the salt of which America consumes too much. Sample how delicious and simple flavorful and healthy food can be. Come hungry as Rosaline will be making Curried Tuna Salad, Wild Rice with Edamame and Mushrooms and Home made lemonade sweetened with nature’s perfect sweetener, Stevia.

Register here.
Downtown College Park Farmers Market Hosts

P.A. Bowen Farmstead

Be sure to check out the Downtown College Park Farmers Market on September 6, 10am to 2pm, and stop by P.A. Bowen Farmstead’s booth for some amazing, award winning raw milk cheeses produced here in Prince George's County. Of course you can find Clinton's Miller Farms there every Sunday.

P.A. Bowen Farmstead currently has a Groupon offer for one of their tours and a coupon for their farm store!

Find the full list of county markets for the 2015 season here. You are also welcome to print out our downloadable directory! Note that the most updated version is on the website.

Cabin Creek Heritage Farms Expands Its Offerings

Cabin Creek Heritage Farm, located in Upper Marlboro, has expanded its product line to include quail and rabbits. Their growing flock of coturnix quail is already yielding eggs and meat! Quantities are limited as they build their flock, so reserve yours today.

They have several breeds of rabbits and are exploring which breed works the best for their customers and farm. The breeds include Silver Fox, New Zealand, California, and American Blue. After a few litters they will narrow the breeds down to a single breed. Their first few litters are ready for the dinner table and awaiting feedback. Call Doug and Lori Hill at 301-430-0170 and place your order.

Earth & Me Hand-in-Hand Classes

PERMIE KIDS

September, 2015

Classes begin in September, Baden, MD. Cultivate your own depth of knowledge of self, others, and Earth while learning alongside our children. Together we playfully explore the art, science, and traditional wisdom related to topics like biology, ecology, geography, agriculture, architecture, technology, energy, weather, gardening, community building, and even culinary arts. You and your child will not only learn new knowledge and skills, but will be given the tools and resources to actively apply those things learned in your own home and neighborhood.

For more information, visit their website.

Modern Homesteading: Food Preservation

Accokeek Foundation

August 23, 12 - 3 pm

Enjoy the bounty of your garden year-round by learning the basics of water-bath canning. This hands-on workshop will teach you how to safely can high- and low-acid foods using fresh, wholesome ingredients and no preservatives. Participants will prepare tomato salsa and bread & butter pickles, and take home a jar of each.

The cost is $15 per person and registration is required.

This workshop is a great lead up to the annual Food for Thought festival scheduled for September 26, 2015.

Details are still shaping up, but I am excited to announce we’ll have author, Jonathon Bloom on the panel along with Alex Moore, director of DC Central kitchen as we explore through discussion, food,
Did you see Doug’s interview on WJLA? He discusses how his farm is taking precautions against the avian flu.

For more information or to schedule a tour, visit their website and Facebook page.

More Music in the Vineyard at Romano Vineyard & Winery
Here’s what Romano is pouring this month:

Every Saturday, 12 - 5pm
Open House at the Vineyard

August 6, 3-7pm
Riverdale Park Farmers Market

August 8, 11am - 6pm
Charles County Food & Wine Festival
Blue Crab Stadium, Waldorf, MD

August 14, 6:30pm - 9:30pm
Music in the Vineyard with ‘Higher Standards’

August 16, 10am - 2pm
Greenbelt Farmers Market

August 28, Doors open at 6:30, Music 7-9pm
Music in the Vineyard with ‘John Luskey’

September 3, 3-7pm
Riverdale Farmers Market

The Romanos are extending their ‘Music in the Vineyard’ series to the 2nd Friday in September and October. For more information, visit their website and Facebook page.

Looking to Pick Your Own Tomatoes?

Whiteleather Farms has an abundance of tomatoes and is opening the farm to the public for pickin’! They have ‘Better Boys,’ ‘Big Boys,’ and ‘Beefsteaks’ available.

Hours: Saturdays, 7am - 1pm; Sundays, 10am - 1pm; Weekdays, 7-10am and 1-5pm
Location: 11501 Annapolis Road, Glenn Dale MD, 20769 (1/2 mile west of 193 on 450)

They also have shredded hardwood mulch available. For more information, Call 301.390.6688.

Tour a Forest Garden in Bowie

Save the date:

SAVE THE DATE:
Prince George’s County Fair
September 10 - 13

The Prince George’s County Fair began in 1842 as a friendly gathering for local farmers to showcase their produce and livestock and have a little fun. We have the distinction of being the oldest running Fair in Maryland! Though it started out as mostly livestock and field crops, eventually it came to include women’s arts as well, with competitions for the best jams, jellies, canned goods, pies, breads, cookies, clothing, quilts, and handicrafts. It was (and is) quite an honor to be deemed the best in the County!

For more information, please visit their website. Please note that the fair moved to Rosecroft Raceway.

SAVE THE DATE: Food Equity Forum
Food Equity Council
September 10, 4-7pm

The Prince George’s County Food Equity Council’s Food Equity Forum serves as a catalyst for new conversations and raises awareness of existing efforts and innovation in advancing food system equity. The Food Equity Forum will take place on September 10th from 4 - 7 pm at the Sports and Learning Complex.

Register here.

SAVE THE DATE:
MD State Beekeeper’s Association’s Honey Harvest Festival
September 19

A FREE Family-Friendly Festival at Brookside Gardens including:
Enjoy an evening tour of the forest garden at Forested! You’ll experience productive and ecologically functional plants working together and taste some seasonal fruits and herbs.

Forest gardening is for anyone who wants to get back in the flow of ecology on their piece of land, no matter how large or small. Forest gardening is a low-maintenance sustainable plant-based food production and agroforestry system. Forested offers courses and design services to enable you to succeed in your forest garden projects. Training days are full of applicable information and hands-on experiences at their young 10-acre demonstration site in Bowie, Maryland.

**Date & Time:** August 20, 6 - 8pm  
**Location:** 3507 Enterprise Road, Bowie, MD

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**Obtain a Yield in the Garden and in Community-Based Education – Podcast**

Cucumbers and peppers, and tomatoes, oh my! Although these are not quite as daunting as lions and tigers, and bears (oh my), Dorothy from the Wizard of Oz faced a situation many of us who garden face each year. Should we feel the thrill of coming face to face with yields like cucumbers, peppers, and tomatoes or the fear? Obtaining a yield is such a simple concept and yet can be a bit overwhelming at times, especially if we don’t know how to handle the yields that we all have in our lives.  
[Read more and listen here...](#) Also, be sure to check out PERMIE Kids’ programs in the side bar.

-Jen Mendez  
permiekids.com

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Say hello to BUMBA while you are there! For more information, check out the [event flyer](#).

**SAVE THE DATE: Food for Thought**

Accokeek Foundation  
September 26, 12 - 5pm

Up to 40% of the food produced in the US never gets eaten. From losses at the farm to waste in the home, Americans are throwing out over $150 billion of food each year. Join the Accokeek Foundation at Piscataway Park as we explore strategies for reducing food waste 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.

Details are still shaping up; however, author Jonathon Bloom will participate on the panel along with Alex Moore, Director of DC Central Kitchen.  
Visit their [website](#) for more information.

**SAVE THE DATE: Centro Ashé Chesapeake Herb Gathering**

September 26-27

Join Centro Ashé for their largest gathering of the year! Enjoy a weekend of workshops, local vendors, and networking with local medicine makers, teachers, clinical herbalists, healers, botanists, farmers, birthkeepers, plant people, artists, homesteaders and more!

Visit their [website](#) for more details.
Composting for Urban Agriculture and Sustainable Landscaping Class

Deepen your knowledge and appreciation of soil as the most important player in farming! This course provides key information about composting for organic gardening or urban farming, combining lecture and discussion with hands-on experience. You’ll learn different methods for building and maintaining a healthy compost pile, managing problems, how to effectively use composting in organic agriculture, and harnessing the power of red wiggler worms in vermicomposting.

Date: August 7, 10am - 4pm
Location: 4913 Crittenden Street, Edmonston, Md. 20781
Register: $165, Prince George’s Community College. See class # AGR-320.

Visit the calendar on the Prince George’s County ‘Fresh. Local. Fun.’ website for information about more local farm and food events!

FUN.

Three Prince George’s County Farms Featured in

What’s Up Annapolis?

Magazine
Celebrating Farm to Fork
Chesapeake: A Visit with Several Local Farms

Ahhhhh, farm-to-fork. The words alone make our mouths water...and with good reason, as we picture ourselves delighting in the pleasure of the freshest food, perhaps with a view of ruby red berries or melons in the field, and reveling in the ambiance of a pastoral landscape’s beauty, fragrances, vibrant fields, and pastured animals. It’s a joyful sensory experience; so good for us in so many ways.

But what does farm-to-fork truly mean? Local? Seasonal? Yes, but the most progressive farmers are taking it far beyond that to emphasize a direct relationship, even a bond, between the farm, the land, and the consumer. Read more...

- Rita Calvert
ladycalvert.com
Prince George's County Producers Featured on ESPN's Cave Man Show

Prince George's County products were featured on ESPN 980's The Man Cave (airs 6-10am, Mon - Fri) last month. Co-hosts Chris Paul and Jason Reid invited Colony South Hotel's Chef Christ and his Sous Chef, Elder Lopez, to cook breakfast and showcase it at the station. They worked their culinary magic which smelled delicious when the show hosts opened the food containers.

Jo-Ann and Joe Romano of Romano Vineyard and Winery in Brandywine paired breakfast with the 2013 Fallen Leaf, a semi-dry and elegant fruit forward blend that's refreshingly well balanced. They also suggested a 2010 Chardonnay that's "un-oaked" and highlights its natural apple and pear flavors with a finish that is clean and bright. Romano Vineyard and Winery is the flagship winery that started it all in Prince George's County.

Ross Margulies of Working Over Thyme Farm in Brandywine provided the produce which included fresh collard greens, a thyme plant, and freshly picked potatoes. Working Over Thyme Farm is a small, organically-run vegetable farm which is certified naturally grown. They run a CSA but also work with chefs throughout the Baltimore-Washington Metro Area to supply them with the best produce possible.

Doug Hill of Cabin Creek Heritage Farm in Upper Marlboro provided chicken and quail eggs for omelets. Quail eggs taste similar to chicken eggs but simply look different. The Hills are very supportive of the local food movement in Prince George's County and developing supply chains so farmers can reap the benefits of their hard work and labor.

The Prince George's County local food partnership plans use this platform to highlight as many farms, craft wineries/brewers/spirits, chefs, and restaurants as possible. Once again, thanks to The Man Cave hosts, Chris Paul and Jason Reid. Special thanks to Jo-Ann and Joe Romano, Doug Hill, Ross Margulies, Chef Christ, and Sous Chef Elder Lopez for providing a delicious breakfast. Check out the pics!

By the way, Chef Christ and Sous Chef Elder Lopez have been competing in the Mason Dixon Master Chef Competition in Baltimore. They have won two matches will advance to the next match on August 10 at 6 pm. They need the hometown support of Prince George's County residents and foodies so buy a ticket and come cheer them on!

- Barry Abrams
princegeorgescountyvtn.com
Call for Speakers for 2nd Annual Food Equity Forum
The Prince George's County Food Equity Council's Food Equity Forum serves as a catalyst for new conversations and raises awareness of existing efforts and innovation in advancing food system equity. The Food Equity Forum will take place on September 10th from 4-7 pm at the Sports and Learning Complex.

The FEC is seeking Prince George's County food system innovators to share their story in ten-minute, high quality, high impact presentations (Think TEDx for Prince George's County). They are particularly interested in speakers on the following FEC focus areas: local food production, healthy eating and nutrition education, healthy food retail, and healthy school meals. If you are interested, please fill out this form.

To attend the Food Equity Forum, sign-up here.

ECO City Farms Provides a Healthy Salad for the Annual Buy Local Cookout
Hyattsville's ECO City Farms provided baby kale, baby arugula, tatsoi, cabbage, yukina savoy, purple mizuna, Osaka mustard greens, microgreens, spring onions, honey, sage and tomatoes for the Maryland Spicy Salad with Berry and Herbs Vinaigrette, submitted by Maribel Rodriguez at this year's Buy Local Cookout sponsored by Governor Hogan.

Here's a recap of the event in Southern Maryland News Net!

Interested in the recipes? Check out this year's cookbook!

The Prince George's County Farms & Food Newsletter and 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.