

# 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.



## February 2015

"Why do farmers farm, given their economic adversities on top of the many frustrations and difficulties normal to farming? And always the answer is: **"Love. They must do it for love."** Farmers farm for the love of farming. They love to watch and nurture the growth of plants. They love to live in the presence of animals. They love to work outdoors. They love the weather, maybe even when it is making them miserable. They love to live where they work and to work where they live. If the scale of their farming is small enough, they like to work in the company of their children and with the help of their children. They love the measure of independence that farm life can still provide. I have an idea that a lot of farmers have gone to a lot of trouble merely to be self-employed to live at least a part of their lives without a boss."

~ Wendell Berry, Bringing it to the Table: Writings on Farming and Food

## FRESH.

### Farmers Markets – February News & Events

#### Riverdale Park Farmers

**Market** continues to convene indoors in the same space on Thursdays, 3 to 7pm, this winter. 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 and Peachy Family Dairy. Check out their recent [article](#) in the Hyattsville Life & Times.



For more information about the market, visit RPFM's [website](#) and Facebook [page](#).



## LOCAL EVENTS

### Alpaca Lane Criations Farm Valentine's Day Event

Feb 7 & 8

Come pet and learn about alpacas and shop for your "Favorite Valentine" at the farm store. Open House hours on February 7 & 8th are from 9:00 AM to 4:00 PM. Call with any questions: (703) 401-1793.

Location: 15430 Mount Calvert Road, Upper Marlboro, MD

Visit their [website](#) for details.

### 2016 Prince George's County Budget Listening Sessions

Feb 3 & 12

Let your voice be heard! Come to one of County Executive Baker III's [budget listening sessions](#). The Prince George's County Food Equity Council is looking for residents to speak in support of the [SNAP to Health](#) legislation that was passed this fall and then de-funded shortly thereafter due to county budget cuts. Your feedback can make a difference! If you plan to attend and would

**Greenbelt Farmers Market** has a newsletter announcing winter drops by some of their favorite vendors including Shlagel Farms, Two Oceans True Foods, Ferguson Family Farms, Zeke's Coffee and Stone Hearth Bakery. This is not an official market event; however, the market is encouraging their customers to stay in touch with their favorite vendors over the winter. Please visit their [website](#) for more information.

**Hollywood Farmers Market** is gearing up to make the upcoming 2015 season even better. In order to help improve the market, the committee is seeking your feedback about the 2014 market season. Whether you had a chance to come to last year's market or not, please click the link above and take a few moments to fill out this [short survey](#).

### **P.A. Bowen Winter Drop-Off**

Can't make it to their farm store? Try P.A. Bowen's NEW Winter Drop-off Service! They offer drop-off delivery twice a month on Sundays.

Next drop-off will be February 8, from 8:30 - 9:30am at the College Park Farmers Market location, 4500 Knox Road, College Park. Please note they will only be there for an hour, so make sure you can be there to pick up your order during that time frame. Visit their [website](#) for more information and ordering details.

Be sure to check out the [recent article](#) about them by Rita Calvert!

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

## **LOCAL.**

### **Tidbits from the Future Harvest CASA Conference:**



Oysters with corn relish by Chef Spike Gjerde

### **Cultivate the Chesapeake Foodshed**

Once again, the University of Maryland College Park Conference Center was the destination for this year's annual Future Harvest CASA (Chesapeake Alliance for Sustainable Agriculture) meeting and conference. CASA is one of the largest local food gatherings for the Chesapeake region. Over 400 farmers, chefs, artisans, farming advocates and foodies gathered for three days last month to learn from

each other, network and eat delicious meals sourced from producers in the region.

like to speak, please contact [Sydney Daigle](#).

### **BUMBA Beekeeping Shortcourse starts Feb 19**

BUMBA (Bowie-Upper Marlboro Beekeeping Association) offers a low cost Short Course on Bee Biology and Beekeeping Basics early every year. Students learn how to set up a backyard hive, manage bees, harvest honey and pollen, and learn about basic bee biology and behavior and their importance to the world we live in.

The course runs for six consecutive Thursday evenings beginning in February and ending in March. When the weather gets warmer, they offer a later Saturday "hands on" field day (date TBA). For more information, visit [here](#).

### **Day in Annapolis Feb 18**

Looking to get more involved in farm advocacy?

Visit our state capitol with other Farm Bureau members and wine advocates to meet the new representatives and share your thoughts on farming and wine making issues in the state.

**MD Farm Bureau:** Call 410-922-3426 or email [abuehler@mdfarmbureau.com](mailto:abuehler@mdfarmbureau.com) to register.

**MD Wine Makers Association:** Call 410-252-WINE (9463) or email [info@marylandwine.com](mailto:info@marylandwine.com).

### **MOFFA Winter Meeting Feb 21, 8am - 5pm**

Join farmers, consumers, advocates, and National Organic Program members at the Maryland Organic Food & Farming Association to:

There were several tracts from which to choose, but it's more fun to mix and match! These tracts included Beginning Farming, Made Local: Artisanal Foods, Fruit & Vegetable Production, Everybody Eats: Healthy Food, Grassfed: Meat & Dairy, Business of Farming and Environment, Community & Policy. Topics ranged from how to use KIVA as a micro-lending tool for local farmers to the benefits of keylining in rotational grazing and even how to promote your farm through social media and blogging. In addition to the workshops, University of Maryland's Agricultural Marketing Specialist, Ginger Myers, offered free one-on-one business coaching for local farmers.

Participants enjoyed a "Local Fare Fair" on Friday evening just before dinner with keynote speaker, Chef Spike Gjerde, from Woodbury Kitchen in Baltimore, MD. In addition to a few surprise appetizers from his kitchen staff, Chef Spike shared that his restaurants purchased over \$2M in ag products from the Chesapeake Bay Region in 2014.

For more information and fun pics, enjoy the conference [recap](#) from *Edible DC*.

## Interested in Sustainable Agriculture? Join the Accokeek Foundation's Workshare Program



November), then join the Ecosystem Farm Workshare Corps. **As a workshare corps volunteer, you will receive a weekly share of produce** in exchange for the opportunity to be stewards of the land, working on a nonprofit, certified-organic educational farm operation as you learn about growing produce, raising chickens and egg production, permaculture, and farming sustainably. Visit their [website](#) for more information.

**Looking for a paid farming opportunity?** Accokeek Foundation is looking for a part-time assistant and other seasonal positions. The Seasonal Farm Assistant must have a passion and commitment to stewardship and sustainability to join the Ecosystem Farm crew for the 2015 season. This is a seasonal, part-time position paying \$10/hour. Candidates must be available 25-35 hours per week, including weekends. This position is ideal for a candidate looking to gain additional skills and valuable experience in sustainable agriculture. Visit their [employment page](#) for details.

Bring home information you can really use.

Add your voice to discussions about critical issues.

Network with some of the pioneers of the organic food movement

Learn about the what is happening with the bees

Find a local CSA

There will be Information for farmers and gardeners in search of new ideas, techniques, & inspiration, as well as networking opportunities for consumers and distributors looking for good sources of local, organic food. Includes:

\*Homegrown 'Eat Local' Potluck Lunch

\*Seed Swap

\*Silent Auction

For more information, visit MOFFA's [website](#).

### Soul Food Justice

Feb 21, 4:00 pm - 6:30 pm  
Joe's Movement Emporium

Join the Accokeek Foundation for a lively panel discussion, a cooking demonstration, and a tasty buffet, all designed to invite questions about the true soul of Soul Food. The term has the ability to instill pride, incite debate, and trigger historical memories. So, along with three distinguished experts, help us to "stir the pot" with your own opinions about the past, present, and future of the African American diet. How can we address issues of health, sustainability, and access, while still honoring cultural identity? Lend your ears, your voices, and your taste buds to the cause of redefining Soul Food for the next generation.

## Eco City Farms: Let's Talk

### Food!

ECO City Farms is hosting a series of **free nutrition education sessions** called "Let's Talk Food" this winter. These 2 hour sessions cover practical information about food, nutrition, healthy eating, reading labels, affordable healthy options and questions about organic versus conventional produce. The session culminates in a cooking demonstration.



#### Next session:

Feb 7, 2-4pm

City of Mount Rainier City Hall

1 Municipal Place, Mount Rainier, MD 20712

(Online registration available on [Eventbrite](#))

For more information, please visit their [website](#) or contact [Viviana Lindo](#).

## Interested in Food Equity Issues in Prince George's County?

The Prince George's County Food Equity Council (FEC), a local independent county food policy council, is **now accepting applications for Council members**. The mission of FEC is to significantly improve public health and community well-being of all who live,

work, study, worship and play in the County. FEC members work collaboratively with stakeholders to revitalize the local, regional, and national food systems. By identifying deficiencies and promoting innovative solutions, FEC will help transform the food system into one that improves public health, ensures environmental sustainability, and spurs sound economic development.

The Food Equity Council includes 22 members with diverse representation across professional, political, educational, racial, ethnic and geographic backgrounds. At least 51% of Food Equity Council members must live in Prince George's County. In addition, the membership will have expertise in planning, health, education, food retail, food production, and anti-hunger and are from the following stakeholder groups: businesses; community and faith-based organizations; educational, research, and health institutions and associations; government; residents; rural and urban farm organizations.

[Follow this link](#) to learn more and apply for membership. Deadline for applications is March 15, 2015.



Panelists include:

**Psyche Williams-Forson:** historian, food scholar, and author from University of Maryland

**Tambra Raye Stevenson:** founder of NativeSol Kitchen, a D.C. organization dedicated to reclaiming African American heritage to restore health

**Christopher Bradshaw:** founder of Dreaming Out Loud, a non-profit organization working to improve healthy food access and spur economic development in DC food deserts

Visit the [website](#) or download the [flyer](#) for details.

## Learn How to Grow Your Own Food!

**Become a MD Master Gardener  
Begins March 2**

The Maryland Master Gardener Program is designed to train participants as volunteer horticultural educators to help Maryland residents.

Review the [flyer](#) for details and contact [Esther Mitchell](#) for further information and to enroll in the program.

## SAVE THE DATE!

**School on the Farm @ Edie's Place  
Farm  
Begins March 5**

Students will receive hands-on experience with gardening and a variety of animals on a small, suburban, working farm. They will learn about plant care, animal care, and composting. The students will plan, seed, and plant our entire spring garden. Students will help incubate chickens, ducks and turkey eggs and brood the chicks & ducklings. Students will have many opportunities to handle and care for our new

## Searching for Scrumptious, Seasonal Soup Recipes?

Check out these [recipes](#) from local food blogger, author and local foods advocate, Rita Calvert.

Roasted Hubbard Squash Soup with  
Hazelnuts & Chives

Vegetarian Chili with Sweet Potatoes

Curried Split-Pea Soup with Parsnips

In case you missed it in the last section, she recently wrote an [article](#) about P.A. Bowen Farmstead.



## FUN.

### Cabin Creek Heritage Farm Store

The Cabin Creek Heritage Farm Store will be open Thursdays 10-4, Fridays 10-4 and Saturdays 10-2. Enjoy a variety of product including:

- woodland raised Berkshire pork
- charcuterie
- pasture-raised soy/corn-free eggs
- grass fed and finished lamb
- pastured chicken
- goat milk soap
- turkey
- home-spun yarn and hand-knit items



Visit their [website](#) and Facebook [page](#) for details.



chicken, including heads, feet, livers, hearts, and gizzards; pastured chicken eggs and fresh pastured turkey (at Thanksgiving).

### P. A. Bowen Farmstead Tours

Be sure to visit, Prince George's County dairy, P.A. Bowen Farmstead. Their farm store is open year-round, Thursday, Friday and Saturday, from 10 am - 6 pm or by appointment.

Farm products include Artisan raw milk cheese; pastured dry-aged beef and veal, including organ meats; pastured pork, including nitrate-free sausage and bacon; pastured

baby animals that have arrived over the winter. Classes will also explore the various aspects of homesteading such as, sustainable gardening, food preservation, crafts & music. Academic review will take place with science topics, real life math word problems & new vocabulary every class. Students will also experience a variety of physical activity through farm work, games and yoga. This class will supplement K-8 lessons in science, math, health, social studies, art and history. Students will have the opportunity to work in small groups and build great friendships!

Visit their Eventbrite [listing](#) for more information.

### SAVE THE DATE!

#### Adventures in Science

Beginns March 7

UMD Campus

Prince George's County 4-H program is having an adventure in science this spring on the University of Maryland campus! Please see attached [flier](#) for more details. Registration form is also attached. Spots are limited, please send registration in as soon as possible!

### SAVE THE DATE!

#### 3rd Annual Growing Community Gardens

March 28, 9-2pm

A gathering for Prince George's County gardeners to build community, learn from each other and gain gardening skills.

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

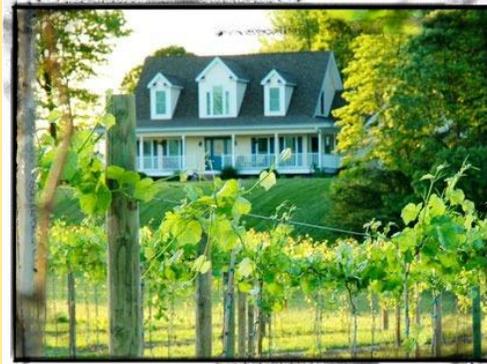
RSVP: [Michelle Nelson](#)

They also sell books from *NewTrends Publishing*, crafts by Maryland artists and some local produce. They have a variety of [new items](#) in stock as well!

Visit their [website](#) for more information.

## Romano Vineyard & Winery – Open Houses & Events

- **Open House** every Saturday, 12-5pm
- **Riverdale Park Farmers Market**, Feb 5, 3-7pm
- **[Maryland Wineries Association Passport Event](#)**, Feb 21 - Feb 22 & Feb 28 - Mar 1, 12 - 5pm: This is not your average wine tour! The Passport Experience is your personal guide through the wine trails of Maryland. It is a self-guided adventure that gives you the opportunity to experience the rich and unique culture that each region has to offer.



For more information, visit their [website](#) and Facebook [page](#).

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

## SAVE THE DATE! Centro Ashe 2015 Classes Announced!

Upcoming classes include:  
Herb Camp for Kids  
Grassroots Herbal Apprenticeship Program  
Permaculture Design Certificate Course  
Herbal Encuentro  
Herb Keepers Circle  
Pleasure Medicine Series  
Nature Mediation Series  
Visit their [website](#) for details.

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