

# 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.



## January 2016

"Cauliflower is nothing but cabbage with a college education."

- Mark Twain

## FRESH.

### Winter Farmers Markets & Food Drops

#### Greenbelt Farmers Market

Vendors from the Greenbelt Farmers Market will organize food drops the 3rd Sunday of every month through April. Vendors include Ferguson Family Farms (meat), Shlagel Farms (produce) and Three Springs Fruit Farm. Ferguson Family Farm will arrange drops on the 1st Sunday of the month as well. Subscribe to the Greenbelt Farmers Market [newsletter](#) via their homepage for more information.



#### Riverdale Park Farmers Market

Join the Riverdale Park Farmers Market each Thursday, 3 to 7pm. Enjoy local music, kids activities, great farmers market vendors and other artisans. The indoor market is located at 4650 Queensbury Rd, Riverdale Park, Maryland 20737. For more information, visit their Facebook [page](#). Their January music schedule is as follows:

- 1/7/16: Up Hill River
- 1/14/16: Miles Spicer
- 1/21/16: Blue Plains
- 1/28/16: Audrey Engdahl
- 2/4/16: Michael Sevensen

### In This Issue

- [Winter Markets & Food Drops](#)
- [Cheese & Bread Making Classes](#)
- [PGC Food Study Report Released](#)
- [Cabin Creek Heritage Farm Store](#)
- [Food Equity Council Meeting](#)
- [Future Harvest CASA Conference](#)
- [MDA Buyer-Grower Expo](#)
- [Chocolate Lovers Tea](#)
- [Hot Cider & Winter Tea](#)
- [MOFFA Winter Meeting](#)
- [Produce Seasonality Charts](#)



LOCAL EVENTS

**Farm Open House**  
**Cabin Creek Heritage Farm**  
Saturdays

Cabin Creek is a local, pasture-based, sustainable family farm. They offer woodland-raised Berkshire pork, pulled Berkshire pork BBQ, pastured rabbit, Coturnix quail and quail eggs.

Also plan to check out their pastured chicken and eggs (pastured, corn/soy-free). Store hours are on Saturdays and by appointment.

Location: 18235 Clagett Landing Road, Upper Marlboro

## Uncle Sam Will Finally Let Your SNAP Benefits Go Toward a CSA Share



The very thing that makes the community supported agriculture model a boon for farmers-customers pay for the whole season up front, enabling growers to purchase seeds, tools, and other supplies-has rendered CSA programs inaccessible to many low-income Americans, who typically don't have several hundred dollars to spend all at once. But thanks to new language in last year's Farm Bill, things are changing.

Before the passage of the 2014 bill, farmers were able to accept SNAP (Supplemental Nutrition Assistance Program) benefits, but USDA regulations required that payments be credited weekly, at the point of pickup. Not only did that rob farmers of early-season buying power; it also cost them hours spent processing the transactions each week (SNAP works on an electronic debit system). [Read more...](#)

- Hannah Wallace, Modern Farmer

Find the full list of county markets from the 2015 season [here](#). We will update the directory for the 2016 season later this spring. You are also welcome to print out our downloadable [directory](#)! *Note that the most updated version is on the website.*

## LOCAL.

### Conquer the Winter Blues with Romano Vineyard & Winery

The Romanos welcome you to join them for a tasting and open house every Saturday, noon to 5pm. For more information, visit their [website](#) and Facebook [page](#).

### Bread & Cheese Making Classes with P.A. Bowen Farmstead

[P.A. Bowen Farmstead](#) is offering a bread making class at the farm later this month. Be sure to watch their Facebook [page](#) for dates and registration details.

Also, join them for a cheese, charcuterie (Meatcrafters) and beer pairing event at Hellbender Brewing Company in DC on Wednesday, January 28th from 6:30-8:30. Visit Hellbender's Facebook [page](#) for registration and other details.



### Alpaca Gifts for the Winter

Now that the Holidays are over, the winter weather is kicking into high gear. If you haven't had the opportunity to stock up on warm clothing for the season, stop by one of our alpaca farms and gifts shops in Prince George's County. You will be glad you did!

Visit their [website](#) for Open House hours and details.

### Food Equity Council Meeting

January 14  
3:30-5:30pm

Interested in food security issues in Prince George's County? Join the [Food Equity Council](#) next Thursday at Busboys & Poets in Hyattsville.

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

### Future Harvest CASA Cultivate the Chesapeake Foodshed

January 14 - 16, 2016

One of the Region's Largest Farm and Food Gatherings!

Interact during pre-conference, skill-building workshops for farmers and food lovers alike

Experience SEVEN conference tracks - something for everyone!

Enjoy Interest Gatherings, Local Fare Fair, Chesapeake Farm Dinner and a Photo Contest!

THREE Keynote Speakers  
Ricardo Salvador, Union of Concerned Scientists  
Chef Cathal Armstrong, Restaurant Eve  
Natasha Bowens, The Color of Food

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

### Buyer- Grower Expo

January 20, 2016  
10am - 2pm

The Maryland Department of Agriculture would like to invite you to the 2016 Maryland Buyer-Grower Expo on January 20 at the Navy-Marine Corps. Stadium - "N" Room in Annapolis, MD. The purpose of this expo is to

Some farms have scheduled open houses, while others are operating by appointment only during the winter months. Please visit their websites for details.

- [Alpaca Criations](#)
- The Alpaca Yarn & Fiber Shop at [Pax River Alpacas](#)
- [Villa de Alpacas](#) (Open House Jan 9, 10am - 3pm)

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

## FUN.

### Grow & Paint with the Accokeek Foundation



#### Grow Your Own Asparagus

The Accokeek Foundation will be offering mature asparagus crowns to growers interested in adding this delicious, vitamin-packed, spring crop to their home gardens or farm operations. Join Ecosystem Farm manager for a Asparagus Digging Workshop on Saturday, January 9 from 9 am to 1 pm to learn about growing asparagus while

digging up roots to take home. Participants should bring a spading/digging fork, sturdy shoes, and a water bottle. The Accokeek Foundation's Ecosystem Farm is located at 3400 Bryan Point Road, Accokeek, MD 20607. \$10 per participant (Free for Foundation members and volunteers). To RSVP email Daniel Trott at [dtrott@accokeek.org](mailto:dtrott@accokeek.org) or call 301-283-2113.

#### Paint Nite: Cherry Blossom Birds

This Valentine's Day, love is for the birds at the Accokeek Foundation! Join them on Thursday, February 11 from 7-9 pm for a Paint Nite fundraiser benefiting the Foundation's Bluebird Monitoring program. Enjoy snacks and cocktails, and a lot of fun while learning how to paint these beautiful native birds. \$15 of every ticket sold goes directly to purchasing supplies for building new cavity nest boxes, replacing predator guards, and equipping the Bluebird Monitors with the tools they need to safely monitor their trail of 20 nest boxes. Some snacks and drinks provided but feel free to BYOB. 21+ only please.

Purchase tickets online by January 25, 2016. Tickets must be purchased in advance. No walk-ins. Questions? Email Casey Lowe at [clowe@accokeek.org](mailto:clowe@accokeek.org) or call 301-283-2113. Reserve your tickets [here](#).

connect MD growers, producers, and processors with buyers from grocery retailers, restaurants, schools, and other venues.

For more information and to register, click [here](#).

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### Chocolate Lovers Tea at Montpelier Mansion

Saturday, February 13, 1:30pm

Bring someone special - including yourself! - to an elegant tea starring that most heavenly of confections: chocolate! A lovely way to celebrate the sweetness of food, friends and family. We'll also serve a prix fixe menu of fine finger sandwiches, scrumptious cakes and pastries, buttery scones, and your choice of two quality loose leaf teas, all served on china and tiered stands.

Reservations and advance payment required.

\$29 per person, \$25 for members of Friends of Montpelier. Price includes gratuity and self-guided tour of the mansion.

Reservations required by Wednesday, February 10! Call 301-377-7817 (no e-mail reservations please)

[www.pg parks.com](http://www.pg parks.com)

Location: Montpelier Mansion  
9650 Muirkirk Road (Muirkirk Road at Route 197) Laurel, Maryland 20708

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### Marietta House Museum Events

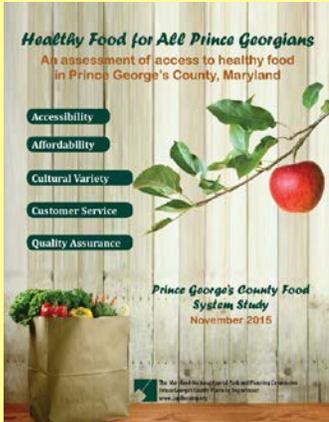
January & February, 2016

**19th Century Winter Visitor Tour,**  
Saturday, January 23, 1pm. - 4pm.

Please join us for a special winter tour of Marietta House Museum. Have a cup of hot cider and hear tales of 19th

## Prince George's County Food Study

M-NCPPC released a new food system study, "[Healthy Food for All Prince Georgians: An assessment of access to healthy food in Prince George's County, Maryland.](#)" In the most urbanized parts of Prince George's County, equitable access to healthy food is an issue. The findings of a consumer survey of close to 600 residents, discussions with 7 focus groups, and health food availability surveys of all 70 supermarkets and 22 percent of the 484 small markets that serve the study revealed the following. For more information, please contact author and M-NCPPC Planner Coordinator, Gul Gulyeryuz at [Gul.Gulyeryuz@ppd.mncppc.org](mailto:Gul.Gulyeryuz@ppd.mncppc.org).



## ECO City Farms Offers Community Herbalism Wellness Series

The science and art of using plants and foods for building and maintaining good health and for healing reaches back to the very beginning of recorded history. The practice of growing, harvesting, and making of herbal products to achieve wellness connects us to Traditional Chinese, Ayurveda, Native American and Western medicinal practices. ECO has recently significantly increased the variety and amounts of herbs and spices grown at our farms to better serve the needs and palates of our community.



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Pre-registration is required. Please contact [lindo@ecocityfarms.org](mailto:lindo@ecocityfarms.org) or 443-447-0313 to register or with any questions.

Cost: \$50 each class, materials fee included. (\$130 for the 3 classes series prepaid). Registration is non-refundable but is transferable. Please note: No one

will be turned away for lack of funds. We offer a sliding fee scale discount, if needed.

Date & Time: All classes are on a Tuesday from 6:00 pm to 7: 30pm

**The Spices of Life** (Tuesday, January 23), Your Kitchen Apothecary (Tuesday, March 8), Healthy Flavors and Seasonings (Tuesday, March 22).

**Herbs for the Seasons: Spring and Summer** (Tuesday, April 5), Planning your Herb Garden at Home (Tuesday, April 19), Growing, Harvesting & Preserving Herbs for Home Use (Tuesday, May 3).

For more information, refer to the [flyer](#) or visit the [website](#).

century winter travel, and how travelers kept warm in carriages and coaches. \$3/person; 5 & under free.

**First Ladies Tea**, Saturday, February 20, 2pm. From Martha Washington to Michele Obama, the First Ladies have been hosting various teas, luncheons, and events. Join us for tea and a variety of recipes from some of our First Ladies. Guests will be seated in the historic rooms of the home. Reservations required and space is limited. Fee: \$25/person

Location: 5626 Bell Station Road, Glenn Dale, MD. 20769.

Contact: 301-464-5291

## Maryland Organic Food & Farming Association (MOFFA)

**WINTER MEETING**  
February 20, 2016

(Snow Date February 27)  
8:00 AM-5:00 PM

Maryland Dept. of Agriculture  
Annapolis, MD

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.

## Presentations, Panels and Workshops

Join farmers, consumers, advocates, and National Organic Program members to:

- Bring home information you can really use
- Add your voice to discussions about nutrition and agriculture, climate change, soil and sustainable organic farming and gardening.
- Network with some of the pioneers of the organic food movement
- Find a local CSA

## Homegrown 'Eat Local' Potluck Lunch

- One of the highlights of the meeting
- Bring a dish to share at the best local lunch around!

## Seed Swap ~ Silent Auction ~ Display Tables

Only \$5 for members and \$20 for non-members

For more information visit: [www.marylandorganic.org](http://www.marylandorganic.org) or the MOFFA Facebook [page](#).



## MDA's Produce Seasonality Charts



## Contact Us!

Do you have an interesting idea or event that you would like to share in the newsletter or even an interest in contributing an article?

Have you enjoyed a tasty, locally-made dish or treat in Prince George's County?

Did you have a phenomenal experience at one of our County's farm destinations or farmers markets?

If you answered yes to any of these, we'd love to hear from you! Send us an [email](#) or call us at 301.868.8780.

Warmly,



AG Marketing, Prince George's  
County

[Prince George's County Farm Fun](#)

[University of MD Extension,](#)  
[Prince George's County](#)



**SIGN-UP!** ✨

Stay in touch with the Prince George's County farm and food community by signing up for our University of Maryland Extension e-newsletters:

*Prince George's Farms, Fun & Food*

*Solutions In Your Community*

**JOIN NOW >**

