July 2015

“You can't buy happiness, but you can buy LOCAL and that's kind of the same thing.”

~ Unknown

FRESH.

Take the Buy Local Challenge at Your Local Farmers Market!
Take the Buy Local Challenge and pledge to eat one thing from a local farm each day during the week of July 18-26. Check the Farms & Food website for a full listing of farmers markets where you can purchase local products. You are also welcome to download the brochure.

Port Towns Farmers Market Kick-Off Party!
Don’t miss the grand opening of the NEW Port Towns Farmers Market on July 11 from 10-1! Meet the farmers, taste samples of fresh produce and tasty foods, hear live music, with fun and games for kids.

Learn how to prepare and cook fresh produce through cooking demonstrations. Get valuable coupons for future purchases at the market and find out how to cooking healthy can be affordable. This market will be open each Saturday from 10-1 from July 11 to October 3.

Grand Opening Party: July 11 from 10-1pm
Location: Corner of Emerson Street and 58th Avenue in Bladensburg, near the Port Towns Elementary School.

Deadline for Submitting EOI for SMADC’s Ag and Food Center
July 10

“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.

Cooking with Essential Oils
Smile Herb Shop, College Park
July 11, 2-4pm

Essential Oils are potent, natural healing remedies when used correctly, but did you know that many common products in your house today contain essential oils? Harness the power of these amazing, powerful botanicals safely in your own food preparations.

This class will focus on essential oil quality, safety, and hands-on demonstrations of using essential oils in several recipes that the students will be sampling (and taking home).
**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. The show will be presented at the New Deal Cafe (113 Centerway, Greenbelt, MD) during the months of July and August. There will be special activities from 1-5 pm at the Cafe (which is adjacent to the Market) on the **afternoon of Sunday July 26 in conjunction with the ‘Buy Local Challenge,’** including a children’s sculpture workshop and a reception with a wine tasting from the Greenbelt Farmers Market wine vendors. Please click this [link](#) for more information.

Please visit the market’s [website](#) or Facebook [page](#) for more information.

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**Our Local Bounty: St. Thomas Church Farmers Market** is open on Saturday mornings from 8am to 12pm until the end of September. Several Southern MD vendors participate in this market located at St. Thomas’ Parish. Because it is located in rural Southern Prince George’s County, consider pairing your visit with one of our farm destinations such as P.A. Bowen Farmstead or Romano Winery & Vineyard. The market is located at 14300 St.Thomas Church Road in Upper Marlboro.

Please visit the market’s [website](#) or Facebook [page](#) for more information.

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**Miller Farms** has two farm stands in the County in addition to their main farm store location in Clinton, MD. The **National Harbor** farm stand is open Saturday and Sundays, 10am to 5pm, and sits right in the heart of the harbor on American Way. You can look forward to Miller’s homegrown vegetables which include cucumbers, yellow and green squash, kale and collard greens, cabbage, beefsteak, Roma and heirloom tomatoes, eggplant and butternut and spaghetti squash. They also provide homegrown fruit including watermelons, strawberries, and cantaloupe. Miller Farms brings additional produce from local farms to compliment what they grow.

Their **Bowie Town Center** farm stand, located at the center roundabout in front of the food court, is open Saturdays, 10am to 5pm. Stop by for a full-service shopping trip!

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

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**Students also will get a manual including Olivia’s own tried and tested secret recipes and shopping list!**

Cost: $30. Visit their Eventbrite [website](#) to register.

**Blues Night - Concert in the Woods**
Hard Bargain Farm  
July 11, 8pm

This special concert will feature the music of Memphis Gold, who has graced the cover of numerous blues and music publications, and has shared this uniquely American art form with audiences around the world. In this time of musical fads and gimmicks, his music is real and heartfelt.

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

**Stitch in Time - ‘Colors to Dye For’**
Accokeek Foundation  
July 11, 11am - 1pm

This free workshop will provide in-depth instruction on harvesting and preparing natural dye materials. Participants will gather materials from the Museum Garden and Piscataway Park’s grounds to use in dye baths. The follow-up meeting of Stitch ‘n Time will allow participants to follow the dye process through to the finished dyed skeins.

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

**Statewide Food Policy Council Convening with SMADC**  
July 13, 1-4pm

IPHI is hosting food policy convenings in each of the five regions throughout the State of Maryland (Western, Capital, Central, Southern and the Eastern Shore). The purpose of the convenings will be to identify potential policy issues in the food system sectors that can be addressed at the State level and what is needed to facilitate collaboration among food policy stakeholders.
Accokeek Foundation’s Ecosystem Farm is participating in 2 farm markets this year - one at the farm and one at the Branch Avenue in Bloom Farmers Market. Please see the flyer for details!

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.

LOCAL.

Music in the Vineyard at Romano Vineyard & Winery
Last month’s ‘Cork to Fork’ dinner was a smashing success! In addition to Romano’s wine, diners enjoyed delicious food by Prince George’s County caterer, Pineapple Alley, and tunes from a local jazz band.

In case you missed it, check out Romano’s spotlight on CTV news!

Herb Camp For Kids
Centro Ashé
Fridays in July

They invite youth ages 5-11 to join them for this hands on class that includes explorations of various medicinal plants, plant identification and field walks on the farm, herbal activities including medicine making, herbal gardening, arts and crafts and more! This is a wonderful opportunity for kids and parents alike to connect with local plants!

Cost: $108 per child includes materials ($78 for additional children in immediate family.)

Modern Homesteading: Backyard Blacksmithing
Accokeek Foundation
July 19, 12 - 3 pm

Come down to the farm to try your hand at blacksmithing and practice basic skills essential to the craft. Learn how to set up your own backyard forge inexpensively by repurposing common household items. Participants will make their own S-hook to take home. Please bring earplugs and safety glasses to class; all other equipment will be provided.

Visit their website for details and information on additional events.
Here's what Romano is serving up this month:

**Open House**, every Saturday, 12 - 5pm
July 10, 6:30 - 9:30pm - *'Music in the Vineyard'* with Surrogate Muse
July 12, 10am - 2pm - *Greenbelt Farmers Market*
July 17, 6:30 - 9:30pm - *'Wine and Canvas'* night - Paint a sunset!
July 24, 6:30 - 9:30pm - *'Music in the Vineyard'* with GrooveSpan
July 25, 8am - 12pm - *Cheverly Farmers Market*

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

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**Accokeek Foundation Welcomes Teens from Gwynn Park High School into a Dynamic Food System Course**

After months of planning and preparations, the Accokeek Foundation welcomes nine local teens on a journey like none other. The Agriculture Conservation Corps is a new workforce development program for teens interested in pursuing careers in sustainable agriculture and environmental stewardship.

With the Agriculture Conservation Corps, the Accokeek Foundation is teaching aspiring future farmers and stewards practical lessons in agriculture while deepening their appreciation for our natural and cultural resources. "This is what makes this program unique," explains Andrea Jones, Director of Programs and Visitor Engagement. "The lessons they will receive are filled with rich historical and cultural content and connections to inspiring leaders in the field." The program is more than beginning farmer training, but rather an in-depth introduction to the food system. "I think this program will be really special because it will have an unusual combination of hands-on experience and intellectual engagement," shares Lauren Chaleff, the program's team leader. "I want the interns not only to grow their understanding of sustainable agriculture through experiential learning, but also to have an appreciation for the complex and problematic systems that touch everything we do."

The Agricultural Conservation Corps is a 7-week program being piloted June through August at Piscataway Park in Accokeek, MD. Its goal is to get students involved in their community by getting outside and encouraging them to learn about the food they are growing and eating. This new program has been made possible in collaboration with Prince George's County Public Schools, the William Schmidt Environmental Center, a National Harbor Community grant, and private donations via Southern Maryland Gives - a new online crowdfunding campaign connecting local communities to non-profits.

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**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.

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.

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**Buy Local Challenge Week: July 18 - 26!**

Visit SMADC's [website](#) for details.
Composting for Urban Agriculture and Sustainable Landscaping (AGR-320)

This ECO City Farms course (in partnership with the Prince George’s County Community College) will include a walk-through of components and processes of composting, combining lecture and discussion with hands-on experience.

Students will deepen their knowledge and appreciation of soil as the most important player in farming. Learn different methods for building and maintaining a healthy compost pile. Also discover how to detect and diagnose problems with your compost.

Explore "recipes", uses and benefits for effective composting in organic agriculture. In addition, the course will cover the benefits and production of vermicompost from Red Wriggler worms in organic gardening or urban farming.

**Date:** Friday, August 7, 10am - 4pm  
**Location:** 6100 Emerson Street Bladensburg, MD 20710  
**Cost:** $165

Visit their [website](#) to learn more about their courses and how to register. For more information about other ECO City Farms programs, please visit their [website](#) and Facebook [page](#).

**Special congratulations to ECO City Farms as they represent Prince George’s County in the Governor’s 8th Annual Buy Local Cookout! See below for details.**

**Local Farm Looking for Harvesting Help**

A local farmer in Upper Marlboro, MD seeks volunteers to help him harvest produce such as greens, squash, string beans, tomatoes and zucchini before they go to waste. If you’re interested in learning more about this food recovery opportunity, please contact Curtis Bennett at 202.957.3223.

Visit the calendar on the Prince George’s County ‘Fresh. Local. Fun.’ [website](#) for information about more local farm and food events!
Looking for a Beautiful Farm Setting for Your Next Family or Corporate Event this Summer or Fall?
Consider hosting it at Montpelier Farms in Upper Marlboro! Whether you are planning a quaint country-style get-together or a larger, fun-filled corporate event designed to build camaraderie and enhance teambuilding, Montpelier Farms is eager to assist you with all aspects of your next occasion. Their preferred vendors have well over 80 years of combined experience in planning and executing all types of events. Not only can they customize any party to your specifications, but they can help you to do so without all of the stress and anxiety associated with event planning!

Visit their website for more information.
Twilight Farm Tour, Barbecue & Ice Cream Social

You are invited to attend a Field Crops Research Twilight, Barbecue and Ice Cream Social on August 6, at the Central Maryland Research & Education Center. 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 by August 3. Please let them know if you need special assistance to participate.

Date & Time: August 6, 4:00 - 9pm, tour starts promptly at 6pm
Location: 2005 Largo Road, Upper Marlboro, MD

Governor Hogan Announces Local Menu for the Annual Buy Local Cookout – 'Buy Local, Eat Fresh'

Last month, Governor Larry Hogan announced the 15 recipes that will be featured at the 8th Annual Buy Local Cookout, which celebrates Maryland's Buy Local Challenge Week, July 18-26, and encourages all Marylanders to eat at least one locally grown, made or harvested product each day. Recipes for the event, submitted by teams of Maryland chefs and producers, were selected for their availability of ingredients, geographic representation, maximum use of local ingredients and creativity. The cookout, hosted by Governor Hogan and First Lady Yumi Hogan, will be held at Government House on Thursday, July 16.

Hyattsville's ECO City Farms will provide 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.

For more information and to see the menu, click here.