June 2016

"Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people."

~Elizabeth Berry

FRESH.

Buy Fresh & Local at Your Farmers Market

In addition to the MD Department of Agriculture directory, the Southern Maryland Agriculture Development Commission has released its directory showcasing farmers markets with Southern MD vendors. Also, be sure to check out our full list of Prince George’s County Farmers Markets here. Many markets and/or their vendors accept SNAP and other food assistance benefits!

The following markets are OPEN!

**Bowie Farmers Market** (Sundays, 8am - 12pm - Opens May 15)

**Cheverly Farmers Market** (alternate Saturdays starting 6/4, 8am - 12pm)

**College Park Farmers Market** (Saturdays, 7am - 12pm)

**Downtown College Park Farmers Market** (Sundays, 10am - 2pm)

**Hollywood Farmers Market** (Saturdays, 9am - 1pm)

**Hyattsville Farmers Market** (Tuesdays, 3 - 7pm)

**Glenn Dale Farmers Market** (Saturdays, 9:30am - 1:30pm)
Greenbelt Farmers Market (Sundays, 10am - 2pm)
MedStar Farmers Market (alternate Wednesdays starting 6/1, 12-4pm)
Old Town Bowie Farmers Market (Wednesdays, 3pm - 7pm)
Our Local Bounty Farmers Market (Saturdays, 8am - 12pm)
Port Towns Farmers Mercado (Saturdays, 11am - 3pm)
Riverdale Park Farmers Market (Thursdays, 3pm - 7pm)
Roots & Stems Community Market at WSSC (Wednesdays, 11:30am - 2pm)
Roots & Stems Community Market at National Church of God (Sundays, 11:45am - 2pm)
The Farmers Market at Maryland (Wednesdays, 11am - 3pm)
USDA Beltsville Farmers Market (Thursdays, 10am - 2pm)

See below for important announcements from a few of our markets!

Port Towns Farmers Mercado

On June 4, the Port Towns Farmers Mercado will be opening up at its new location at Three Brothers Plaza, 4521 Kenilworth Avenue, Bladensburg from 11 a.m. to 3 p.m.

Meet local farmers, support local food businesses, get your fresh, local produce and tasty foods, hear live music, and fun for kids. Cooking demonstrations are also planned.

Customers with SNAP and WIC can double their dollars at the Port Towns Farmers Mercado!

ECO is also hosting a Community Walk on Saturday to raise awareness about healthy living and healthy eating in our community and to do MORE KIDS ART projects at the Bladensburg farm. Meet at the Corner of 58th Avenue and Emerson Street, next to Port Towns Elementary School, and walk to the Port Towns Farmers Mercado Opening at the Three Brothers Plaza parking lot, 4521 Kenilworth Avenue.

Registration Fee: $5.00 Adults and $1.00 children. Pre-registration is required.

Schedule
9:00am - Registration starts
9:15am - FREE Warm ups: Yoga, Tai-Chi, etc

Forest Garden Design & Care

Forest Garden Design & Care

June 4, 10am - 4pm

Explore forest gardening in depth and learn the tools and methods to help you succeed.

In this class, we focus on the plants, relationships, and design of forest gardens. Topics will include:

- Polyculture or Guild design at the backyard and small farm scale
- Forest garden soil management
- Nitrogen-fixing plants
- Forest garden site analysis
- Forest garden establishment and maintenance techniques
- Forest garden insectaries and pest management
10:30am - Walk starts

Visit their website or Facebook page for more information.

**Hyattsville Farmers Market Opens Next Week**

The Hyattsville Farmers Market Opening Day is June 7th, 2016, 3-7pm (Tuesdays 3-7pm, June 7 - September 27, 2016). They are having a Strawberry Soiree on opening day. Join them as they celebrate everything Strawberry, including free ice cream cones (while supplies last) from Mister Magic! Located at 3799 East-West Highway, Hyattsville, MD 20782 in the parking lot of Redeemer Lutheran Church.

This is their 25th anniversary and they have several events lined up already.

- **Peach Festival**: July 26
- **National Farmers Market Week and Chef Demo by Jonathan Bardzik**: August 9
- **Yoga at the Market**: Every third Thursday (6/21, 7/19, 8/16, & 9/20)

Check out their article in the Hyattsville Life and Times.

For more information contact Ellarose Preston at 301.985.5006 or epreston@hyattsville.org.

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**Prince George’s County Extension Educator Whips Up Seasonal Delights at Local Farmers Markets**

Prince George’s County Farm Bureau Picnic

Robin Hill Farm & Vineyards

June 5, 2 - 6pm

Activities this year include a Horse Race Game & Farm Olympics.

Plan to join us at the starting gate and be ready to cheer loud at the finish line.

Please R.S.V.P. with Jennifer Cross at 301.579.6552 or jcross4380@yahoo.com.

No Cost to Prince George's County Farm Bureau members.

Non-member cost is $20 per family or $10 per person.

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Growing and tasting of seasonal forest garden fruit, nuts, herbs, greens, mushrooms and more Community strategy and impact of forest gardens

The day includes tours of the forest garden, design materials and exercises, coaching sessions, discussions and networking. Our singular goal is to help our students succeed in their forest garden projects.

Cost: $100.

Visit their website for more information.

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**Market to Mealtime** is an innovative program, developed by Maryland Food Supplement Nutrition Education (FSNE) to encourage consumption of fruits and vegetables. The curriculum reflects the Maryland growing season....
highlighting produce grown locally in spring, summer, and fall. Participants learn simple, low-cost ways to include more fruits and vegetables in meals and snacks. Recipes combine seasonal fruits and vegetables with staple foods such as whole grains, lean protein, and low-fat dairy foods.

Check out our Extension Educator, Amanda Rzepkowski, at one of the following markets this season:

- **Hyattsville Farmers Market** (Tuesdays, 3-7): June 7, 28; July 12, 19; August 9, 23; September 6, 27
- **Riverdale Park Farmers Market** (Thursdays, 3-7): June 9, 23; July 14, August 11, 25; September 8, 29

**Farmers Market Nutrition Program Begins**

Did you know that FMNP checks can be used to buy fresh fruits, vegetables, cut herbs, and honey (Seniors only) at farmers' markets?

Find the full list of county markets [here](#). You are also welcome to print out our downloadable directory! The 2016 printable directory will be available next month.

Please note that the most updated version is on the website.

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**LOCAL**

Join Romano Vineyard & Winery for Music in the Vineyard!

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**Location:**

15800 Croom Road in Brandywine, MD. 20603

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**The Science of Soil**

Accokeek Foundation
at Piscataway Park
through June 12

Ever wonder what it would be like to be able to shrink yourself to the size of a mole and travel beneath the soil to explore a magical world beneath your feet? Accokeek Foundation presents "Underspace! The Science of Soil," an interactive, (and free!) family-friendly experience that connects the current-day importance of healthy soil to our colonial past.

You are invited into an immersive, glow-in-the-dark exhibit which reveals what most people take for granted -- the intricate web of life that resides in healthy soil. Our resident "Soil Explorer" will then introduce you to environmentally friendly ways to feed the soil, so that you may zoom back to the year 1770 just in the nick of time to pass the knowledge along to the Bolton Family. If you're brave, grab a hoe and get your hands dirty in order to save the farm!

For more information, visit Accokeek Foundation's [website](#) or [Facebook page](#).
June Special of the Month -
Customer Appreciation
Month 5% month off!

Winery is open every
Saturday noon - 5pm for
tastings.

Annapolis Arts, Crafts & Wine
Festival
June 4 & 5, 2016
10am - 6pm (Sat) & 10am -
5pm (Sun)

Navy-Marine Corps Memorial Stadium

June Farmers Market Schedule:

- June 2, 3pm - 7pm: Riverdale Farmers Market
- June 11, 8am - 3pm: Vintage Flea & Farmers
  Market, Boone Doggie Farm, Hughesville
- June 12, 10am - 2pm: Greenbelt Farmers Market
- June 18, 9am - 1pm: Montgomery Village Farmers Market

Special Hours: Friday, June 10
Winery open 4-9pm

Music in the Vineyard with The Vinyl Frontier, 6:30pm - 9pm

Food for purchase provided by L'il Mack's BBQ

The Vinyl Frontier will be playing classic rock from the 60's, 70's
& 80's all night!

Special Hours: Friday, June 24
Winery open 4-9pm

Music in the Vineyard with Higher Standards Jazz Duo, 6:30pm - 9pm

Food for purchase - details coming soon

UnWine(d) with Higher Standards Jazz Duo on the patio!

Romano Vineyard & Winery 5th Anniversary
Celebration: Saturday, June 25

Winery will be open from 12pm - 7pm

Music, wine, food, cake & MORE!

Homeschool Event:
Farmer for a Day
Accokeek Foundation
June 23, 10am - noon

What's it really like to be
a farmer? If you like playing
outside and using your brain at
the same time, this career might
be for you! Learn about the
science of soil, the art of
observing ecosystems, the
challenge of identifying friendly
vs. harmful bugs, and the joy of
harvesting vegetables that you
grow yourself! Conditions are
always changing on a farm. So
you'll have to use your best
creative problem-solving skills to
come up with solutions to real-
life farmer challenges. You'll even
have the chance to take home
your own sunflower
seedling. Meet the farmers at
Piscataway Park, dig in the dirt,
and find out if you have what it
takes to grow for a living.

This program is $8/child for
children ages 4 and up.

Contact: MaryAlice Bonomo
at 301-283-2113 ext 28 or
e-mail mbonomo@accokeek.org.

Pre-register online.

For more information, visit
Accokeek Foundation's website
or Facebook page.
Peterson Brothers Band will be rocking the patio from 4-7pm June 25, 2011 we opened our doors and started this amazing journey it's time to celebrate!

Rental info - Looking for a place to host a party?
Our tasting room is a great location for a bridal or baby shower, rehearsal dinner, birthday party and any other type of party you can think of! Contact us for information on event pricing and availability at info@romanowinery.com.

For more information, visit their website and Facebook page.

Pinot on the Potomac
Please join the Alice Ferguson Foundation for our 3rd Annual Wine Tasting and Garden Party in support of our environmental education programs on Saturday, June 25, 6 to 8pm.

Special Guests include:
- Maryland Senate President Thomas V. “Mike” Miller
- Prince George’s County Executive Rushern L. Baker, III

Featuring: local wines, delicious hors d’oeuvres, and live music!

Tickets: $50 per person and include:
- Wine tastings from The Urban Winery
- Commemorative wine glass
- Food by Infuse Catering
- Live music by Lynn Hollyfield and Dave Abe
- Non-alcoholic beverages available

Purchase your tickets by June 17, 2016.

Location: Alice Ferguson Foundation's Hard Bargain Farm
2001 Bryan Point Road
Accokeek, MD 20607

SMILE Livestock Show for Youth
June 24 - 26

Registration is now open for the annual Southern Maryland Invitational Livestock Expo (SMILE) on June 24 - June 26, 2016, at the St. Mary’s County Fairgrounds in Leonardtown.

The SMILE show includes fitting and showing and market and breeding competitions for domestic livestock species of beef and dairy cows, pigs, sheep, goats, rabbits and guinea pigs, plus educational and social activities for youth in agriculture.

Youth competitors from all five Southern Maryland counties (Anne Arundel, Calvert, Charles, Prince George's and St. Mary's) are eligible to participate. Links to entry forms, classes and the daily show schedule can be found at the SMILE Facebook page and on the SMILE show website at smile-inc.org. Entries are due (postmarked) by May 25, 2016.

SMILE is organized by SMILE Board and sponsored by the Southern Maryland Agricultural Development Commission (SMADC) and others.

Food Equity Council Participates in Panel Discussion After Film Showing June 29, 6:30 - 8pm
For more information about the Alice Ferguson Foundation, visit their [website](#) or [Facebook page](#).

**ECO City Farms CSA Shares & Volunteer Opportunities**

Work in DC? Now ECO has a DC pickup location at All Souls Unitarian on 16th Street NW! It's not too late to sign up for their summer season of the ECO Farm Share. Large, small and egg shares provide fresh local produce to everyone, including those outside Prince George's County.

In addition, ECO invites you to join one of their classes to learn more about the ancient and contemporary art and science of herbalism. See side bar for details.

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

**Cost:** Each class cost $25 (includes $5 for materials, healthy drinks and snacks). Registration is non-refundable but is transferable. Please note: No one will be turned away for lack of funds. They offer a sliding fee scale discount, if needed.

**Discounts:** Students will receive a 10% OFF on your next purchase of Marble Arch Gardens Products.

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

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**Summer Family Fun with Montpelier Farms**

More event details can be found [here](#).

Visit the FEC [website](#) and [Facebook page](#) for more information.

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**Community Wellness Programs**

**Eco City Farms**

**Tuesdays**

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. We invite you to join one of our classes to learn...
Visit the calendar on the Prince George's County 'Fresh. Local. Fun.' website for information about more local farm and food events!

**Spring & Summer Family Fun Park**

**Montpelier Farms**

*June 15th thru August 20th*  
*Wednesday thru Saturday*  
*10:00 A.M. TILL 3:00 P.M.*

**Family Farm Park**

- Hay Rides, Pedal Kart Track, Cow Belly Bounce House, Straw Bale Maze, Pallet Maze, Roping Ranges, Picnic Area, Farm Animals, Soccer Area, Kids Corral and Cub Corral Playgrounds (Swings, Slides, Tire Dragon, Tetherball, Corn Hole Toss, Turtle Climb and Bouncy Balls and More).

**Farm Market**

- Wednesday thru Saturday from 10am - 3pm
- Local Honey, Jams, Jellies & Preserves, Kettle Corn, Snacks & Candy
- Lemonade Shakes, Cookies & Whoopie pies
- Garden Flags & Bird Baths, Candles, T-shirts and much more

**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

Visit their website for Open House hours and details.

**SAVE THE DATE!**

**Taste Prince Georges**

*August 13, 12pm*  
*Six Flags*

The Fourth Annual Festival is a Celebration of Restaurants, Indie Chefs, Foodies & Food Stars, Local Wine, Mixologist's & The
The land protected and known today as Piscataway Park was home to indigenous people for tens of thousands of years before Captain John Smith sailed the Chesapeake, before George Washington made Mount Vernon his home, and is still considered the sacred homeland of today's Piscataway people.

Explore this indigenous cultural landscape and discover the rich natural history of Piscataway Park while paddling or hiking along the Potomac on a guided tour; be adventurous and learn how to geocache with friends and family; or just spend the day exploring this local treasure. Whatever your interest there is something for everyone at Piscataway Park!

Event Details:

9 am - Kayak Tour*

Departing from Fort Washington Marina, kayak tours will be led by Atlantic Kayak Company. This guided tour will include basic kayak instruction and then lead you on a journey to the Potomac and along the shoreline to Piscataway Park. See this natural and indigenous cultural landscape through Piscataway eyes! Registration required.

9 am & 11 am - Trail Hike

Take a hike and learn about the rich cultural and natural heritage of Piscataway Park! This free guided hike follows the Potomac River, passing through a forest and tidal wetland and providing excellent views of Mount Vemon. Discover this hidden gem and all of its natural treasures! Guided tours will begin at the Visitor's Center. Please bring comfortable waterproof hiking shoes, walking stick, and your water bottle.

10:30 - 12:30 - Land-Lover Activities

- Geocaching 101
- Underspace! The Science of Soil
- Raingutter Regatta races
- Fishing “free” Day - no license required, bring your poles!

This event is free and open to every of all ages.

*Guided kayak tour requires pre-registration, and is $20 per person.

Also be sure to check out their #DoMore24 Giving Campaign.

For more information, visit Accokeek's website.
Food Jobs in University of MD Dining Services!

We have posted several jobs in Dining Services. If you or anyone you know is interested in, and qualified for, any of these jobs, you must apply online by June 24 at:

[Link to jobs: ejobs.umd.edu]

Complete the profile application and attach your resume, cover letter and the names, title, and phone numbers of three professional references and apply. Remember, if you do not get a receipt for your application, you have NOT applied.

**CHEF/PRODUCTION MANAGER (position 122007)** This is a full time Regular Exempt job with full benefits. There are two positions available, one is currently in 251 North and one is currently in South Campus Dining Hall.

**MANAGER/SOUS CHEF (position 122008)** This is a Regular Full time exempt job with full benefits, currently located in South Campus.

Reporting to the Production Manager/Chef, the Manager/Sous Chef assist in the managing of all culinary and back of the house operations for a multi unit dining facility and commissary operation with yearly revenues of at least six million dollars.

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**2016 Spring Library Garden Lectures**

There is one workshop still remaining at the Spring Library Garden Series sponsored by the Prince George’s County Master Gardeners and Prince George’s County Memorial Library System. **Starting A Vegetable Garden** will be held on June 18th at 2pm at the South Bowie Branch (15301 Hall Rd, Bowie MD).

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**Landover Charcuterie Featured in Local Publication**

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**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,
Local food author, chef and local foods advocate, Rita Calvert, features MeatCrafters in her recent article in What's Up magazine. Meatcrafters' salamis, cured meats, and sausages are made for charcuterie lovers everywhere. They use high quality meats, many locally sourced and produced in small batches. Their products feature the freshest spices, herbs, and seasonal blends designed to bring out unique and complex, yet subtle flavors.