June 2015

"The first supermarket supposedly appeared on the American landscape in 1946. That is not very long ago. Until then, where was all the food? Dear folks, the food was in homes, gardens, local fields, and forests. It was near kitchens, near tables, near bedside. It was in the pantry, the cellar, the backyard."

~ Joel Salatin

FRESH.

More Markets Open this Month!
All markets in the County are now open! Check the Farms & Food website for a full listing or print our downloadable brochure.

Hyattsville Farmers Market opens on Tuesday! In addition to the great vendors from last year, this year the market will have some new faces. Every week they expect to have lots of fruits and veggies and herbs, doughnuts, lemonade, popcorn, pies, meat and eggs. On occasion they expect to have even more - including children's books, local honey, and health screenings.

For more information about the market and vendors, visit their website and Facebook page.

Greenbelt Farmers Market has two events coming up that they would like to share:

Local prize-winning cookbook author Cathy Barrow will visit the Greenbelt Farmers Market on June 14, 2015, 10am - 2pm, to sign her book Mrs. Wheelbarrow's Practical Pantry.

Prince George's County Farm Bureau Picnic
Robin Hill Farm
Sunday, June 7, 2-6pm

Please join your local farm bureau for yummy food, fellowship and lots of fun! Participate in the Cake Walk Game and find out who this year's Miss Prince George's County, Junior Miss and Little Farmer and Farmerette will be!

Admission: Free for members, non-members - $10 pp or $20 per family

Please see the flyer for details.

Celebrate the Potomac
Accokeek Foundation
June 13, 11am - 4pm

Greenbelt Farmers Market

Celebrating the Potomac

Saturday, June 13
11 am - 4 pm

Featuring

Jumpin' Jupiter

Native fishing and boating demonstrations
"trash-free Potomac" games
Live Lizard, Bird and Reptile Exhibit
and so much more!
and offer samples of the goodies one can make.

Mrs. Wheelbarrow’s Practical Pantry is a beautiful, comprehensive book on canning and preserving one’s way to a pantry full of food you will rely on year round. Cathy explains the canning and preserving process so clearly and enticingly, you want to rush right out to your local farmers market and start canning right now!

Attention Artists: **Farm to Table** Group Art Show Call for Entries
Greenbelt Farmers Market and the New Deal Cafe are jointly presenting a show of 2-and 3-dimensional art in the cafe in July and August. Deadline for submissions is June 26. Suggested themes include market scenes, farms, harvest, animals, vegetables, fruit, bread and baking, etc.. Please click this link for more information.

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

**Laurel Farmer’s Market & Bazaar** starts this Thursday and runs from 9am - 2pm through October 29. They are still looking for vendors so if you’re interested, contact Maureen Rogers at 301-483-0838 or email at laurelboardoftrade383@gmail.com.

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

**MedStar Southern Maryland Hospital Center Farmers Markets** begins this Wednesday! Enjoy fresh, local produce from a variety of Southern Maryland Farmers, alternate Wednesdays, 12 - 4pm. The market is set-up across from the tennis courts on Hospital Drive in the ‘Associates’ parking lot at 7503 Surratts Rd in Clinton.

**Our Local Bounty: St. Thomas Church Farmers Market** starts on Saturday and runs through September 26. This producer only market is open 8am - 12pm and has several Southern MD vendor participating.

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

P.A. Bowen Farmstead will have FRESH chicken at the farm store and at the **Downtown College Park Farmers Market** this Sunday, 10am - 2pm! They harvested their first batch of pasture-raised, corn/soy/GMO-free chickens last week. In addition to fresh whole chicken, they will have livers, hearts, feet and heads for making rich, gelatinous broth!

Accokeek Foundation, will host its third annual event that pays tribute to the cultural and the environmental importance of our nation’s river -- the Potomac.

This family-friendly event will take place at Piscataway Park, a national park which the Foundation helps to steward in cooperation with the National Park Service.

Events include music, environmental, cultural demonstration, fishing lessons and casting contests, watershed games, model boat races, and a life-sized pirate ship constructed entirely of hay!

Visit their [website](#) for details.

**Diabetes & Herbs with Tom Wolfe, RH**
Smile Herb Shop, College Park June 20, 2-4pm

Diabetes is one of the fastest-growing chronic illnesses in our world today. According to the American Diabetes Association, 1.2 million Americans are diagnosed each year, and that number is expected to increase to a alarming extent. In this class, Tom Wolfe, RH, will teach powerful methods of managing blood sugar with specific herbs and diet, helpful for both treatment and prevention of this potentially devastating illness.

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

For more information about Smile’s health classes, herb talks and gardens, please visit their Facebook [page](#).
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.

Southern Maryland’s Agricultural Business Park & Food Innovation Center

In response to farmer and community requests over many years, the Southern Maryland Agricultural Development Commission (SMADC) is looking to develop a regional Agricultural Business and Center for Food Innovation (the "Ag and Food Center"). This Ag and Food Center is intended to be the site/sites for the development of several components, among them:

- a local food distribution hub to stock and distribute food from local farms to wholesale and retail buyers,
- value added processing of livestock, seafood, and produce,
- an incubation site for beginning farmers,
- a food innovation center with commercial kitchens, and
- possibly an outdoor and/or indoor regional farmers market.

SMADC is conducting the following outreach: 1) an Expression of Interest (EOI) to find suitable property, and 2) a survey to help prioritize which components to develop first. At some point, they will reach out to hear from business enterprises that may be interested in leasing and/or partnering on one or more components of the Ag and Food Center.

For more information, please visit their website.

Modern Homesteading: Mushroom Cultivation
Accokeek Foundation
June 21, 12 - 3 pm

Mushrooms are the silent workhorses of the kitchen, garden and medicine cabinet. Learn techniques for growing mushrooms in your home garden to promote soil and plant health. Participants will cultivate mushrooms using the dowel spawn method and take home their own mushroom log, which can produce fungi for several years.

Visit their website for details.

"Weekends on the Farm"
Intertwining History + Science through Interpretation
Accokeek Foundation
Weekly; Saturdays and Sundays, 10 am - 4 pm

The National Colonial Farm invites visitors to examine a different current-day environmental issue through the lens of history. What historical paths did Americans follow that have led us to this critical stage of concern about the Earth’s future vitality? By working and playing along-side the Bolton family, visitors discover a time before acid rain and shrinking polar ice-caps. They will have fun learning some of the lost arts of homesteading, while also coming to understand that colonial people had environmental challenges too. Paired with each monthly colonial experience, museum interpreters will be on hand to engage visitors of all ages in interactive activities that help to illuminate some of our time’s most pressing environmental issues. The event is free and open to all ages.

Visit their website for more information.
Dinner at Romano Vineyard & Winery & Other Events

There are always so many fun things happening at Romano’s in Brandywine, MD. You won’t want to miss an exceptional dining experience in the heart of rural Prince George’s County, where local food and wine come together! Enjoy delicious, locally produced wine paired with a menu created by local caterer Pineapple Alley. 

Open House every Saturday, 12-5pm

Annapolis Arts Crafts & Wine Festival - June 6, 10am - 6pm: June 7, 10am - 5pm
Cork to Fork Dinner catered by Pineapple Alley - June 12, 6:30-9pm
See flyer for details

Eat Drink Go Local - June 13, 6:30pm in North Beach
Greenbelt Farmers Market - June 28, 10am - 2pm

For more information, visit their website and Facebook page.

Community Demonstration Garden Coordinator Wanted

Community Support Systems (CSS) is looking for a coordinator for their new Community Demonstration Garden. The garden, which will be located in the southern Prince George’s County area of Croom, will grow a short list of veggies for CSS’s two food pantries. The coordinator will be responsible for recruiting and organizing volunteers, planting, watering, weeding, and harvesting, and generally insuring that the garden is well maintained. The ideal candidate is a college student with prior gardening/farming experience, excellent communication skills, and a self-starter. The coordinator will receive a modest stipend. If interested, please email CSS1995@aol.com and put Community Garden in the subject heading.

It's Never Too Late to Sign up for an Eco City Farms Share!

ECO City Farms summer season farm share offers weekly bags of locally grown produce to Prince George’s County residents. Each week contains a different mix of produce, depending on what is in season. The taste, freshness and nutrition of locally grown, fresh picked produce can’t be beat.

Centro Ashé

Herbal Apothecary & Farm Store
Open House, Medicinal Garden Tour
June 7

2-4pm Farm Shop Open
4-5pm Medicinal Plant Tour

Free & Open to All, RSVP Requested,
$5 suggested donation for Garden Tour.

Learn more about their programs, and shop in their newly revamped on-farm shop!

Visit their website for more details.

SAVE THE DATE: July 18 - 26!

The Southern Maryland Agricultural Development Commission (SMADC) is partnering with the Maryland Department of Agriculture (MDA) to support 2015 statewide Buy Local Challenge Week.

Everyone can participate! Stay tuned to next month’s letter for more details. In the meantime, visit SMADC’s website.
Support your local farm economy and support your health with an ECO farm share!

Produce is sustainably grown either by ECO City Farms or by partner farmers, such as Primaterra Farm in Brandywine, who grow using organic and chemical free methods. Produce from ECO City Farms is Certified Naturally Grown. Two share sizes are available:

**Large Farm Share (ECO product only)**
$20/week with purchase of entire five month season, 18 weeks at $360.

**Small Farm Share (ECO plus partners products)**
$12/week with purchase of 21 week season, at $252. SNAP/WIC customers pay $10 weekly with monthly commitment & $20 deposit.

Summer shares are available through September 24, 2015. Pick up on Thursdays and Saturdays.

Visit ECO’s website at [www.ecocityfarms.org](http://www.ecocityfarms.org) for more info and to download the application.

**Want to Start Your Own Urban Farm/Garden?**
ECO City Farms offers a variety of hands-on training opportunities to learn about urban agriculture throughout the year in partnership with Prince George’s Community College.

**Date:** Saturday May 30 & Friday June 19  
(the same class will be repeated on June 19)  
**Time:** 9am-3pm  
**Location:** Edmonston Urban Farm  
4913 Crittenden Street Edmonston, MD 20781  
**Cost:** $165

This course is designed for the home gardener or community garden member, and to a smaller extent, the container gardener. They apply principles of efficiency from our “market gardening” courses to the personal scale to help you produce a healthy and consistent abundance of vegetables in you plot.

Visit their [website](http://www.ecocityfarms.org) to learn more about their courses and how to register.

For more information about other ECO City Farms programs, please visit their [website](http://www.ecocityfarms.org) and Facebook [page](http://www.facebook.com/ECOCityFarms).
Join the SNAP to Health Coalition!

The SNAP to Health program was enacted and originally funded through County Council Bill 37-2014. This program was authorized for fiscal year 2015 and then cut in response to the county’s budget deficit. SNAP to Health provides $100,000 over three years to fund SNAP/EBT (food stamps) acceptance at local farmers markets. This program provides funds for farmers markets to purchase SNAP/EBT equipment, pays for staff time to coordinate the acceptance of federal nutrition and food assistance benefits, and provides outreach to low income residents to raise awareness of farmers markets.

This petition asks County Council and the County Executive to provide promised funding to the SNAP to Health program.

For more information, contact Sydney Daigle of the Prince George's County Food Equity Council.

Accokeek Foundation Seeks a Seasonal Farm Assistant

The Accokeek Foundation is seeking a Seasonal Farm Assistant with a passion and commitment to stewardship and sustainability to join the Ecosystem Farm crew.

For over 20 years, the Accokeek Foundation’s Ecosystem Farm has been a model of sustainable agriculture through research, demonstration, and educational programs. Today, this 8-acre certified-organic non-profit farm operation engages learners of all ages through training workshops, volunteer opportunities, and tours.

As a by-product, the produce is offered to the Prince George’s community through on- and off-farm markets such as Branch Avenue in Boom. The Ecosystem Farm is proud to accept SNAP benefits so that the highly nutritious food grown locally is accessible to all.

For more information about this position, please visit their website.

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
18th Century Crop Masters at National Colonial Farm

The Accokeek Foundation is looking for new volunteers to assist in the production of heirloom crops on the National Colonial Farm. Volunteers will be working once a week, during the season, to help plant, tend, weed, and harvest both the agricultural fields and the colonial Kitchen Garden.

This is a unique opportunity to explore the agriculture and history of Southern Maryland while playing an instrumental role in the Foundation’s heirloom vegetable seed-saving program. Volunteers may also have the chance to participate in National Colonial Farm events to help demonstrate for visitors 18th century farming techniques. A love of working outdoors and gardening is required, but they’ll teach you everything else.

Tuesdays and Sundays, 8 - 10am. Visit their website for details!

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

FUN.

Cooking Summer Camp for Kids

Food for Thought, Food Adventure, It Starts With Food

Date: July - August 2015
Location: UMD, College Park
Admission: $285 - $325

The Dietetics Program at the University of Maryland is committed to spread nutrition education and awareness in the community. Campers will spend each day of the week learning about “Healthy Foods for my Body,” and where food comes from. Children will also participate in fun and creative activities such as designing their own elegant dining experience. Their mission
is to prepare campers to apply their knowledge of nutrition to promote healthy eating patterns!

For more information, visit the Dietetics Program's website.

**Two Prince George's County Chefs Represent in the Upcoming Mason Dixon Master Chef Competition**

The Mason Dixon Master Chef Tournament is a unique culinary experience. This multi-week event beginning June 15 is a single-elimination tournament designed to showcase some of the Baltimore-Washington Metropolitan and surrounding area’s finest executive chefs and restaurants, while providing the audience a unique evening of entertainment. At the end of this tournament only one of the 16 competing chefs will emerge as THE Mason Dixon Master Chef!

10% of the net proceeds from ticket sales will go directly to local food charity, Meals on Wheels of Central Maryland.

**Two Prince George’s County chefs, Chef Whaley and Chef Pandzou, are participating in the Mason Dixon Master Chef Competition.** Let’s bring home this title and bragging rights for our restaurants and farmers that supply the chefs with fresh ingredients!

**Chef Lanydrek Christ Pandzou**  
*Colony South Hotel/Wayfarer Restaurant, Clinton MD*

**Chef Cole D. Whaley**  
*Cafe Rue, Beltsville MD*

For event details and to purchase your ticket, please visit the Mason Dixon Master Chef Competition website.

**Calling All College Park Gardeners!**

The City of College Park is starting a community garden in Old Town and ALL City residents are eligible to rent a plot for the nominal fee of $15 per year. The garden is located beside Old Town playground at the corner of Norwich Rd and Columbia Ave.

Visit the City’s website for more information and to complete an application. **Volunteers are needed to help construct raised planting beds and to move mulch and soil.**
Maryland Department of Agriculture Updates

Produce Price Reports: The Maryland Department of Agriculture (MDA), in partnership with the U.S. Department of Agriculture Agricultural Marketing Service, will begin a pilot project reporting the prices of products sold at five farmers markets (including Bowie Farmers Market) in the state. MDA is also now reporting prices from livestock auctions in Western Maryland and grain prices from around the state under the same agreement with the federal Market News Reporting Service.

Reports will be posted here later this month.

Maryland’s Best Logo Revamped: Maryland Department of Agriculture (MDA) Secretary Joe Bartenfelder announced that his agency is revamping the state ag branding program, Maryland’s Best. The program started in 2001 to connect consumers with local agricultural products.

MDA has created a family of Maryland’s Best logos, including a new version that adds the words “Fresh” and “Local.” The current Maryland’s Best logo will remain available for use. All are available in color and black and white.

Farmers, grocery stores, restaurants and food distributors who would like to use the Maryland’s Best logo and work with MDA to promote their Maryland products should click here or contact MDA’s Marketing office, (410) 841-5779.