MARCH 2013

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. ~Charles Dickens

FRESH.

Winter Farmers Markets
It's STILL winter, but that doesn't mean you can't get local products. Here's a few places providing fruits, vegetables, meats and more!

Greenbelt Farmers Market Vendor Drops: a few market vendors will be selling their products on Sunday, March 17th. Because selection may be limited, they recommend pre-ordering by contacting vendors in advance. See the list here.

Miller Farms Farm Market: Open daily. Check their website for hours, farm history, and what's available.

P.A. Bowen Farmstead Market: Thursdays-Saturdays, or by appointment. Farm tours also available. Details here.

Riverdale Park Winter Market: Thursdays, 3:00pm-7:00pm. Dates, location (new location this year!) and more information at their website.

Subsidized Community Supported Agriculture (CSA) Shares Now Available at Radix Farm
Thanks to a generous contribution from the Brighter Days Collective, Radix Farm is now offering subsidized half-price shares to qualifying low-income households. Radix Farm is excited to extend the opportunity for folks to join who might not normally join a CSA and find it difficult to afford a full-price share. Healthy, fresh, and local food for all is such a vital part of the movement for food justice and sustainability.

Details and eligibility requirements at their website.

FUN.

Romano Vineyards Open House
Romano Vineyard and Winery will be open Saturday March 9th (12:00pm-4:00pm; NOTE one hour earlier closing time!) and 16th (12:00pm - 5:00pm). Chase away the March winds with local wine! Directions and information at their website. Stay tuned for information about what festivals they'll participate in this year!
P.A. Bowen Farmstead

LOTS happening at P.A. Bowen Farmstead this month...

On March 2nd its "Sampling Saturday!" Sample what they have to offer at the farmstead Farm Store from 10:00am-6:00pm. Also on the same day...

There's also a book signing from 1:00pm-3:00pm with Sally Fallon Morell for her new book, The Nourishing Traditions Book of Baby & Child Care, co-written with Thomas S. Cowan. The book is available for sale at the farm store, too.

Homestead Dairy Cultures Class:
Date: March 9th
Time: 9:30am-2:00pm
Where: 15701 Doctor Bowen RD Brandywine, MD 20613
Cost: $75.00 per person (minimum of 5, maximum of 10 people for class)

What's Included: Lunch, cheese sampling, resources and handout instructions for making yogurt, cottage cheese, kefir, fresh curd cheese (can be made into farmer type), yogurt cream, and Ricotta. We'll make cottage cheese, curd cheese, and Ricotta, and will discuss the others with visual examples.

Please preregister by March 6th by calling 301-579-2727 or stopping by the store (non-refundable after March 6th). Hand milking a cow experience before class at 8:00am: Add $10.00 to your registration fee.

A Pot, A Kettle, A Cook
On March 16th, 12:00pm-1:00pm the National Colonial Farm presents "A pot, a kettle, and a cook" - a journey through Maryland's food traditions.

Join them for a kitchen table conversation as they introduce you to the epicurean delights of colonial Marylanders. Learn how our tastes and the food itself have changed over 300 years as you explore the "receipts" (recipes) and meal preparation. This month's theme is "Garden Party," featuring Jerusalem Artichokes and Forced Cucumbers! More information and registration here.

Almost Not Winter Anymore Recipes...
Zester Daily: Anti-Cancer Recipes - 6 Ways to do Cabbage
Cooking Light: Winter Squash Inspires Loads of Culinary Creativity
Real Simple: More Ways to Use Those Potatoes We've All Got Laying Around

Growing Community Gardens
Saturday, March 23rd
10:00am-3:00pm
Riverdale, MD

Join us for a gathering to build community, learn from each other and gain gardening skills. Networking, workshops and lunch!

All workshops taught by Master Gardeners:
Workshop I: Weed ID and Control
Workshop II: Composting in your Plot
Workshop III: Season Extension

University of Maryland Center for Educational Partnership,
6200 Sheridan St., Riverdale, MD 20737

$10.00 per person. Register here. Contact Christie Balch with questions.

Hosted by University of MD Extension.

ECO City Farms Intensive Weekend Certificate Course in Urban Agriculture
April 5th-7th
Edmonston, MD

Register now for AG 302 - An Intensive Introduction to Urban Commercial Agriculture. Offered by ECO City Farms and Prince George's County Community College and taught by ECO City Farms on the farm at 4913 Crittenden Street, Edmonston, 20781.

This 22-hour very intensive hands-on course will provide you with the sustainable strategies you require to plan and design an intensive food production system, based on your needs, goals and resources, and suited to your own individual urban space. A continuing education certificate will be awarded upon completion of all three days. $550.00, all-
NEW!

FEATURED FARM

Cabin Creek Heritage Farm, Upper Marlboro
Doug, Lori, Jessica and Amanda Hill are first-generation, family owned & operated farm, established in 2000.

"We are a local, soy-free/GMO-free, pasture-based farm; our animals are never given steroids, antibiotics or hormones. We are an old-fashioned sustainable farm that uses modern technologies coupled with historically proven practices such as rotational grazing, to produce the highest quality products. We believe animals should be treated with respect, raised naturally out in the sunshine & fresh air; grazing on fresh grass, under the shade of woodland trees."

Contact them to purchase their eggs and pork. More livestock products, and a farm store, coming soon!

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To register go to www.pgcc.edu/owllink and select Workforce Development and Continuing Education Students. For more information call 301-322-0964.