

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.



September 2014

"My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman and a preacher, but every day, at least three times a day, you need a farmer."

~ Brenda Schoepp



LOCAL EVENTS

Food for Thought Festival
September 20th, 12pm-5 pm

FRESH.

Prince George's County Fair

The Prince George's County Fair runs Sept 4 -7 at the Showplace Arena and Prince George's Equestrian Center in Upper Marlboro, MD. There will be 4-H Activities and Club Demonstrations on Saturday at the fair; please come out and join us! This year we will have a 4-H Craft Area, 4-H Healthy Living Activities, Bicycle Safety Demonstration, Lego® Play Zone, and more!

Be sure to check out the [events schedule](#) for more information. If you would like a complete schedule of 4-H Events & Activities at the fair, please contact the 4-H office at 301-888-9636.

Farmers Markets - September News & Events

Greenbelt Farmers Market is hosting several special events this month:

- Wine Tastings: Sept 7, 21, 28 (Knob Hall Winery), Sept 14 (Elk Run Vineyards)

Explore the intricacies of the local food movement 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.

Special guests include:

Forrest Pritchard, Virginia farmer and author of [Gaining Ground: A Story of Farmers Markets, Local Food, and Saving the Family Farm](#); JuJu Harris, culinary educator and author of [The Arcadia Mobile Market Seasonal Cookbook](#); James McWilliams, professor and author of [Just Food: Where Locavores Get it Wrong and How We Can Truly Eat Responsibly](#); Sarah

- Chef Demo: Sept 14 – Rita Calvert will make a Grilled Panzanella Salad
- Other Special Events: Sept 21 – Prince George's County Master Gardeners will be on hand to answer your gardening questions; Sept 28 – Doctor's Community Hospital will educate market goers about healthy eating



Southern Maryland Hospital Farmers Market is hosting a wine tasting with Romano Vineyard and Winery on Sept 24, 12–4pm

The Farmers Market at Maryland celebrated National Picnic Month in July by hosting a recipe contest where they asked for the best picnic recipes from the UMD community featuring seasonal ingredients that can be purchased at the market. This year's winner, Ellie Howe, submitted the Goat Cheese, Peach, and Basil Baguette recipe. Check out some of the other submissions.

Find the full list of county markets here; or download a printable brochure version.

LOCAL.

Maryland Home Grown School Lunch Week

For the seventh year, the Farm to School Program, developed by the Maryland Department of Agriculture (MDA) and the Maryland State Department of Education (MSDE) will bring more Maryland-grown produce to school meals with Maryland Home Grown School Lunch Week. In addition to supporting local farmers, the program educates students about where their food comes from, how it is produced, and the benefits of a healthy diet. **Prince George's County Public Schools** will celebrate September 15 - 19. Check out what's on the menu!



New Maryland Niche Meats and Poultry Producers Directory

Looking for locally raised meats and poultry? The Maryland Niche Meats Producers Directory is designed to help you find locally produced, high quality meats and poultry at a farm conveniently located near you

McKinley, Co-Chairperson of Slow Food DC

Watch cooking demonstrations and sample tasty food; attend a museum theater performance; compete in a "food miles" race; challenge yourself to taste food not normally on our plates (crickets anyone?); and enter the corn costume competition to be crowned King or Queen Corn for the day. Bring your family and your appetite to the Accokeek Foundation at Piscataway Park for this inaugural family–fun event!

\$5 admission/person; children under 5 are free. Please feel free to print and post this flyer.

Chesapeake Herb Gathering September 27–28, 2014

Enjoy a day of workshops, local vendors, and networking with local medicine makers, teachers, clinical herbalists, healers, botanists, farmers, plant people, artists, homesteaders, and more!

This year's keynote speaker is Susan Leopold of United Plant Savers! This event is held in Nanjemoy, MD. Information & pre-registration here.

This online directory has been organized by product for easy aggregation of suppliers and ease of online searching. Just [click on the large icon](#) of the type of meat or poultry you're looking for and a list of Maryland Niche Meat producers (including those located in Prince George's County!) for that product will pop open.

New Resources Added to the Southern Maryland Meats Website

Several new resources for producers and consumers have been added to the [Southern Maryland Meats](#) website. Although they are primarily marketing materials for producers, the new [downloadable brochures](#) (Scroll down to "Marketing & Processing Resources") are helpful to consumers as well. They include a glossary of commonly used terms, common cuts and event proper cooking temperatures.

Homeschool Classes at Edie's Place: An Ecotherapeutic Farm

Looking for a place to bring your children to meet new friends and attend classes outdoors? Come to Open Farm Days at Edie's Place in Glenn Dale, MD or sign up for Edie's Place fall and spring classes: Agriculture-Gardening & Livestock; The Chicken & the Egg; Homesteading. Visit [Edie's Place](#) for more information.

FUN.

Montpelier Farms Family Farm Park

Montpelier Farms begins its Fall Festival on September 6th. There are many activities for the the whole family to enjoy including a corn maze (Star Spangled Banner theme this year!), hay-n-play, hayrides, corn crib, paint-a-pumpkin and even a lawnmower race (Sept 20). It's also a great time to schedule a fall [school tour](#). Check Montpelier Farms [website](#) for details on upcoming events and tours.

Romano Vineyard & Winery in September

Upcoming Fall Events:

- Open House every Saturday, 12 – 5pm through December
- Sept 24 & Oct 8, 12–4pm: Southern Maryland Hospital Farmers Market
- Oct 4 & 5, 12–6pm: [Sotterly WineFest](#)
- Oct 9, 3–7pm: [Riverdale Park Farmers Market](#)
- Oct 12: [Montpelier Farms Fall Festival](#)

Romano's mulled wine will make its annual debut in October – be sure to stop by the wine it's a tasty treat you don't want to miss.



SAVE THE DATE!

Modern Homesteading Series: Fermentation & Homebrewing Workshop

October 19th, 1–3:30

The September workshop, Food Preservation: Canning and Seed Saving, is full so sign up for October's workshop, [Fermentation & Homebrewing](#), which will focus on collecting wild yeasts, mead making, lacto-fermentation, and simple herbal remedies.

SAVE THE DATE!

Crop Hop: A Cycling Tour of Prince George's County Farms

October 25, 8am – 2pm

Riders will tour farms in Prince George's County and enjoy food grown and raised locally at each stop and during the after-ride picnic. The event features four spectacular [routes](#) through the scenic Southern Maryland countryside. Choose from the challenging Silo Century (a metric century), the Harvest Hop (about 35 miles), the Barnstormer (about 17 miles) or the family-friendly Sprout Route. Registered riders will receive a FREE commemorative T-Shirt and lunch while supplies last. (Register early!) A portion of the proceeds will be used to purchase fresh farm food for low-income families through an organization working to feed the hunger community. Visit [crophop.com](#) for more information and to register.

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P.A. Bowen Farmstead Tours

P.A. Bowen offers a [walking farm tour](#) every Saturday at 11:00 am and by appointment. You will see the dairy operation and learn about the artisan cheese-making process, from start to finish. You will also learn how they naturally raise their pigs, cows, laying hens and meat birds using pasture-based practices. A fun and informative tour for everyone interested in food raised the natural way. The tour takes about one-and-a-half hours. By request, they will provide a hay wagon for the elderly and for when the weather is very hot. (Be sure to wear good walking shoes!)

Reservations are required. To make a reservation, please call: 301-579-2727



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