



# LICKING CREEK BEND FARM

*a sustainably -grown fruit and vegetable farm since 1972*

**SATURDAYS in:**  
**ADAMS MORGAN 18<sup>th</sup> & Columbia Rds. NW**  
8:00am- 1:30pm  
**COLUMBIA HEIGHTS 14<sup>th</sup> & Park Rds, NW**  
9:00am - 2:00pm

**TUESDAYS at:**  
**GAITHERSBURG at N.I.S.T.**  
10:30am - 1:00pm  
**BETHESDA at NIH**  
10:30am - 1:30pm  
**BROOKLAND METRO STATION (under bridge)**  
3:00pm - 7:00pm

**Summer, 2010**

**All the news that's fit to eat**

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**NEW CSA SEASON BEGINS AUGUST 3rd**

Our latest fruit and vegetable CSA shares begins Tuesday, August, 3 and Saturday, August 7. The subscriptions are flexible because they run on a 2 month basis. The upcoming session is August-September. Session 3 is October. Session 4 – November is only at three sites – Adams Morgan, Columbia Heights and Takoma Park. There’s an irony because the upcoming Aug – Sept session features the most plentiful fruit and veggies of the year and yet many folks are on vacation so we’ll have openings for Session 2.

**NEW SATURDAY MARKET IN COLUMBIA HEIGHTS – A SUCCESS!**

Our first new Saturday morning market in several years, at 14<sup>th</sup> and Park Rds, runs concurrently with our original Adams Morgan market on Saturdays from 9:00am – 2:00pm. Now in its third month, It’s sponsored by a community non-profit and features other farmers as well as bakeries, sausage makers, gelato, etc. The community fountain in front of the market is most welcomed in this heat! To boost WIC sales, the community has gotten a grant to double their value! We’re trying to encourage folks at all our market to “buy for the week”, instead of purchasing just one or two of items like peaches, tomatoes, cucumbers, squash, tomatoes an fennel. Fresh, sustainably-grown produce at reasonable prices such as what you find at our markets are simply not available in grocery stores.

**BAGS – AN ISSUE!**

Although there’s a bag tax in DC, an overwhelming number of shoppers will forget to bring them. Perhaps raising the tax would remind folks. If you have some bags and want them put to good use, please leave them off at our farm stand or CSA sites and we’ll provide them to forgetful customers or folks who happen upon our market. There is some question, by the way, about what really happens to plastic bags brought to supermarkets (they are burned for energy).

**DRY WEATHER**

We’ve never experienced anything like this weather! (June and July usually bring seasonal rain – but not this year!) We irrigate and the dryness cuts down on disease, so we’ve had a relatively productive season – but nothing beats rain!

### Farmer Mike Tabor Tells the Dangers of Pesticides to Children

By Annie Birdsong, TPSS Co-op Newsletter July/August 2010

At a Farmer’s market a woman asked farmer Mike Tabor why there were bug bites on his mustard greens. “It’s because they have not been sprayed with pesticides,” he said. What happens if pesticides are sprayed on plants? “The bugs die,” he said. “It also kills fish when the pesticides get in the water.”

“What happens to ME when I eat the pesticides?” she asked. Tabor told her about a recent article in the *Washington Post* citing research that suggests that even low levels of pesticides are associated with an increased risk of attention-deficit hyperactivity disorder in children. These are “systemic pesticides,” Tabor said. “It means they are taken up inside the plant. You can’t wash them off.” Tabor, a Takoma Park resident with a farm in Needmore, Pa., prefers to control insects with substances such as Neem and Rosemary oils rather than synthetic pesticides. His produce is certified naturally grown. Tabor also uses row covers to help control insects, these white cloths cover the plants as much as possible, allowing the sun to penetrate through them providing a greenhouse effect. Sometimes the unwanted insects are picked off the plants by hand and to further help control disease, the vegetables are sprayed with compost tea. Tabor is a tireless advocate for health and good care of the land; in articles published in the *Takoma Park Voice*, he encourages people to meet with school board members and nutritionists at the public schools. Get “sustainably-grown produce into the school cafeteria menus,” he says. At church meetings and other types of get-togethers, discuss “the nutritional content of the school lunch menu,” Tabor said. Discuss how we can “get rid of vending machines in schools and at sports events.” Tabor also encourages people to converse with ministers in churches and other organizations about how they can promote health. “These leaders could encourage walking and jogging after services or during lunch breaks,” he said. “It’s being done all around the country.” Talk to them about “reducing or eliminating sodas, high fat, cholesterol- laden foods, etc., at community events,” he said. And discuss ways to “boost the sale of locally and regionally grown products.” When he hosts a potluck on his farm, he asks that people serve healthy food rather than soft drinks and potato chips, and that they serve food in reusable, dishes rather than disposable packaging that fills up our landfills. Years ago, Tabor was an animal farmer, later decided to grow produce instead. In addition to vegetables, he grows peaches, apples, pears, cherries and Christmas trees. Tabor welcomes temporary workers on the farm who want to come for a week, a day or a month. They can stay on in one of the two cabins, in the farmhouse or pitch a tent.

*Michael with Charmaine Peters, farm manager and 5 year employee. Currently, there are 6 farm workers, Charmaine, Chris Hull, Diana Leaman, Justin Guyer, Ben Hatch and Allison Rich. Planting and harvesting continues through December And begins in February.*

