



LICKING CREEK BEND FARM

a sustainably -grown fruit and vegetable farm since 1972

SATURDAYS in:
ADAMS MORGAN 18th & Columbia Rds. NW
8:00am- 1:30pm
COLUMBIA HEIGHTS 14th & 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

Early Summer, 2010

All the news that's fit to eat

NEWS FROM THE FARM

Thanks to the winter planning of our long time staff, Charmaine Peters and Chris Hull, this year will yield a larger crop than last year – mother nature permitting. Chris is in his 4th year with us and Charmaine, her 5th. Two new full time staff, Diana M. Leaman and Justin E. Guyer, have been incredibly helpful especially because of their willingness to work long hours and their dedication. The staff is joined by Allison Rich, a one-month intern from Goucher College in Towson, MD and Ben Hatch, a former health store manager from Salt Lake City, Utah, who completes the team. We also welcome volunteer workers for a short period of time especially if they're interested in longer, full-time work next season.

EPIPHANY AT OUR NEW MARKET

At our newest Saturday morning market at 14th and Park Rds, we had a remarkable exchange with a customer. She asked why there was insect damage on our mustard greens and not on the supermarket greens. We told her we didn't use chemical pesticides and that the supermarket greens used chemical pesticides to kill the bugs. Then she asked what effect those pesticides had on her and did it have anything to do with all of her grandchildren having ADHD and effect their ability to learn to read? I referred to a report in the Washington Post by Carolyn Butler, "Hidden Hazards in fruits and veggies" (<http://www.washingtonpost.com/wp-dyn/content/article/2010/05/31/AR2010053101914.html>) that suggested a connection. So she then asked why the government didn't protect the population from such food? How would you respond to this important question?

SPEAKING OF BUGS – TWO INTERESTING BOOKS

On The farm, we use , among other things, botanically derived insect sprays – neem, Pyrethrins, Sabodilla and clay! However, we take care not to use them too often lest we eliminate the good bugs. Good Bug/Bad Bug (\$13.00) illustrates the difference and shows you how to identify them. Tomatoes, Garlic and Basil (\$16.00) gives you some great ideas on what to do with the harvest. Both are published by a Pittsburgh press and we sell them at a discount.

FARM MARKET BLOG – LEARN ABOUT THE VEGGIES, PICTURES AND GREAT RECIPE

One of our farm share customers, who loves to cook and learn about the veggies he gets has started a blog with pictures and recipes on how to creatively use all the vegetables and fruit we provide. It's really wonderful. Check it out on <http://202farmreview.blogspot.com/>

WIC CUSTOMERS

One of our commitments is to sell healthily grown food at affordable prices. We want to encourage our customers at our markets, including our newest market in Columbia Heights on Saturdays, to let folks know we welcome WIC customers.

CSA (Community Supported Agriculture)

Our farm shares have increased every year. The share system is a partnership between the subscriber and the farm that provides upfront cash before we start our markets to purchase seeds, hire staff, prepare equipment, etc. Session 2 begins in July through August. If you are interested, the shares are generous and include veggies and fruit. Contact us at esiegel2@igc.org. We have a limited number of shares we can accept, so contact us soon.

ADVOCACY

For those of you who don't know, farm founder Michael Tabor, has been advocating for the last 15 years, for healthier food in public schools, as well as against commercial branding of children in schools. Years ago, he started bringing in chefs to public schools to demonstrate to the kids how to make vegetables tasty. His wife, Esther Siegel, back in 1974 helped start a children's-run community garden in Adams Morgan when she was involved in the Community Soap Factory, a neighborhood manufacturing cooperative, along with other neighborhood-focused community self-reliance projects. So we are thrilled to see these early efforts enter the mainstream.