



# 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

**Fall, 2010**

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

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**HEIRLOOM APPLE TASTING**

Toward the end of October, we'll have several free samplings of heirloom apples – Washington Strawberry, Cox orange, Pippin, Arkansas Black, Smokehouse and others as well as a talk by our expert fruitologist Dr. Neil Zimmerman. You can purchase the apples you like in limited quantities for \$1.99/lb. The taste testing schedule is:

- Tuesday, October 19<sup>th</sup> – Brookland Farmers Market, 5:30pm at 10<sup>th</sup> and Otis NE**
- Saturday, October 23<sup>rd</sup> – Adams Morgan Farmers Market 18<sup>th</sup> and Columbia Rd, NW 10:00am**
- Tuesday, October 26<sup>th</sup> – NIST Farmers Market – 12 noon**
- Tuesday, October 26<sup>th</sup> – NIH Farmers Market – 11:00am (without Professor Zimmerman)**

**HALLOWEEN APPLES**

In this time of epidemic levels of obesity and childhood diabetes, why enable children to cram down large amount of candy this Halloween? For the past several years at our house, we've been giving out small apples and pears, and posting a "warning" to parents about the dangers of eating candy. If you're interested in quantities of small apples, pears and cider, let me know in advance and I'll try to get them for you.

**CHRISTMAS TREES**

We grow Christmas trees without pesticides or artificial color on land unsuitable for anything else. You can come up to our farm, dig one up and replant it later, or have us bring you down a freshly cut one. We start taking orders in early December. You can pick it up at a pre-arranged date in Adams Morgan or Takoma Park. Email – [esiegel2@igc.org](mailto:esiegel2@igc.org)

**CSA NEXT YEAR**

Our subscription weekly box of veggies and fruit begins next June and is divided into 3 sessions – June/July, August/September, October/November. If interested, you should contact us soon to reserve a spot: [esiegel2@igc.org](mailto:esiegel2@igc.org). We'll also let you know about a farm tour and pot luck at the farm next spring.

**TUESDAY MARKETS END**

Our Tuesday markets end on October 26. Customers are usually reluctant to venture out in the cold, and sales plummet. However, if you're hungering for our apples, squash, etc. come by our Saturday Adams-Morgan market which runs until the end of December. The market is at 18<sup>th</sup> and Columbia Roads, open at 7:30am and closes by 1:30pm. If you like quantities, email ahead of time and we'll try and have things ready for you for pick up at the market or in Takoma Park on Saturday or Sundays.