



# Ringwood Farmers' Market News

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A PROJECT OF EAT LOCAL, INC.  
DEDICATED TO BRINGING LOCAL FOODS TO RINGWOOD.

## Grass-Fed Beef Available at the Market....

The effect of the USDA Grass-Fed Beef label has been to raise awareness of the environmental impact of the meat industry. The label is used on products that come from cattle raised solely on grasses, hay, and other non-grain vegetation. Most beef at the grocery store comes from animals raised in massive confined animal feeding operations (CAFOs). Such places are accused of unsanitary, and inhumane conditions.

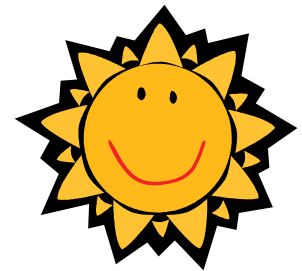
They also rely on feeding the cows a diet of corn and soybeans laced with antibiotics and growth hormones—a system that keeps cows growing fast while avoiding the illnesses that often accompany a corn and soy diet. In contrast, grass-fed cows are allowed to graze on open pasture eating the diet for which they were adapted—grass. Since grass requires no fertilizers or pesticides, the farming method is often praised as

“smart pasture operation” that is better for the environment. Also, grass-fed meat is often leaner than cattle raised in CAFOs and is higher in beneficial fats that are linked decreased risk of heart disease and a healthier immune system.

Check out the variety of grass-fed beef at the Ringwood Farmers' Market at the Walnut Grove Farm and the Snoep Winkel Farm booths.

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*Summer's Going Fast!*

## A Buzz at the Library...

This summer libraries across the country have adopted the theme of "Catch the Reading Bug". Focusing on this theme at summer preschool story-time, our very own market volunteer, Kathryn Grant spends her Thursday mornings reading critter related stories to the eager youngsters.

Last Thursday the story group was treated to a visit

by Nina Bertsch and her husband Greg, from Red Barn Farm in Ringwood, who shared their first hand knowledge of bees. The children learned to dance the bees' dance that they use to communicate about the location of a flower or other nectar source. They were also delighted to taste Nina and Greg's wonderful honey. Many of the children left looking forward to seeing Nina at the market!



*Preschool Children tasting Nina's delicious honey.*

## Vendor Spotlight... Walnut Grove Farm

Walnut Grove Farms is owned and operated by Barbara Roebuck and family. The Roebuck family has been involved in a variety of farming activities for over 50 years, having raised pigs, chickens, sheep, horses, and cattle. As public awareness for all natural products has changed, the needs for naturally grown produce and meats also changed.

The Roebuck family through

Walnut Grove Farms is committed to bringing you all natural fresh and preserved produce with the assurance that no pesticides or chemical fertilizers are used in the growth and harvest of their vegetables. In addition, Walnut Grove Farms offers all natural grass-fed beef raised on grass and hay grown on fields that have not had chemicals of any kind for 25 years. At the Ringwood Farmers' Market, Walnut Grove Farm will be offering certified organic produce,

grass-fed beef, maple syrup, pastured pork, and free-range eggs.

Check out more details about the farm at [www.walnutgrovefarms.net](http://www.walnutgrovefarms.net).



Walnut Grove Farm's Belted Galloways

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## E at Local Book Club

Interested in learning more about local eating and living? Eat Local has started an on-line book club featuring monthly selections on these topics.

The first selection is Michael Pollan's *The Omnivore's Dilemma*. Discussion groups will begin on line in September.

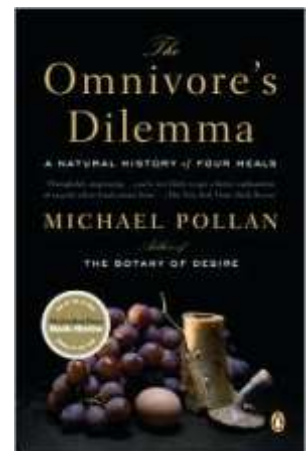
The book club will be a forum where you can communicate with other members of the

club at your convenience. Read at your own pace and share your thoughts with the online group. The club is a Yahoo! group and free to join.

Other selections through the end of the year will include: "Last Child in the Woods" by Richard Louv; "Bottomfeeder" by Taras Grescoe and "Farewell My Subaru" by Doug Fine.

To join the book club, please go

to our website at [www.ringwoodfarmersmarket.org](http://www.ringwoodfarmersmarket.org) and click on the Yahoo! link in the center of the page. Tell a friend!



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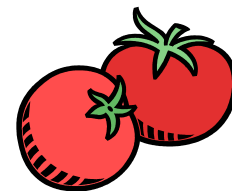
## Tomato Canning Class...

Where: Weis Ecology Center

When: Thursday, August 21 from 2:00 to 3:30.

Cost: \$20.00

Katie Hayes, a foody and sustainability guru will demonstrate the process of canning tomatoes. Students will learn the techniques and science for canning their own tomato abundance. Register at the Farmers' Market Managers' Table or by email at [krebenack@yahoo.com](mailto:krebenack@yahoo.com).



# Recipe Corner... From Jersey Fresh

Peaches have been in abundance at the Farmers' Market. Cool off with this refreshing drink.

## Homemade Peach Lemonade

2 Peaches, peeled and cubed  
4 cups water  
1 cup sugar  
¾ cup fresh lemon juice



Bring the peaches, sugar, and water to a boil. Then simmer until the sugar is dissolved, about 10 minutes. Allow the mixture to cool, then strain through a sieve, pressing to extract as much juice as possible. Stir in the lemon juice, and serve in tall glasses over ice. Serves 4 people.

Check out more peach recipes at:

[http://www.jerseypeaches.com/recipes\\_nj\\_peach\\_promotion\\_council.asp?Page\\_ID=1114](http://www.jerseypeaches.com/recipes_nj_peach_promotion_council.asp?Page_ID=1114)



### For your refrigerator....

Music at the Market Presents:  
*Loretta Hagen on August 16th*  
*Renee Lando on September 20th*

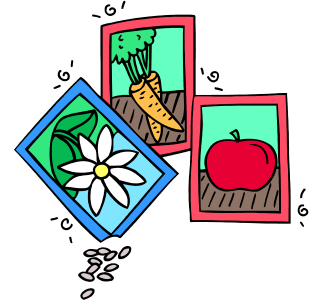
Special Events:  
*Wellness Day on September 20th*  
*Harvest Day on October 18th*  
*Artisans' Day on November 1st*

Check out the music and events pages at  
[www.ringwoodfarmersmarket.org](http://www.ringwoodfarmersmarket.org)  
for the most up to date information

*This project is funded, in part, by the Passaic County Cultural and Heritage Council at Passaic County Community College, through a grant from the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts.*

### Learn to Save Your Seeds ...

Alison Hosford, from Two Pond farm in West Milford will be teaching gardeners how to save the seeds from their current crops and flowers and use them again for next year's plantings.



Please join Sustainable West Milford at the Hillcrest Community Center, 1810 Union Valley Road, Room 8 at 7pm to learn what works best and get your questions answered by an experienced local organic farmer!