



Ringwood Farmers' Market News

2008 Opening Day, Saturday, May 31st

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

Earth Day is April 22nd

Celebrate Mother Earth the Earth day by doing one of the following:

- ☼ **Get your hands dirty!** Participate in a river cleanup, pick up litter or plant a flower garden.
- ☼ **Enjoy nature!** Sit and rest in the woods or along a stream. Take a hike, go biking, try camping, have a picnic, go fishing, look for hawks, rent a canoe, investigate a cave, look for fossils, fly a kite, take photographs, paint

some scenery - enjoy the outdoors!

☼ **Become better informed and active.** Find sources of sound environmental and natural resource information and access them regularly. Attend local public meetings and become active in your community. Understand your local environmental challenges and accomplishments. Protect your local open spaces. Learn about local watershed initiatives. Volunteer.

☼ **Participate in a local environmental education or Earth Day experience.** Visit a new or nearby nature center, science center, park, cooperative extension office, museum or conservation district office. Ask questions.

For other ideas on what you can do to celebrate Earth Day, click on www.earthday.net or <http://www.state.nj.us/dep/seeds/earthday/eday.htm>

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Get Outdoors!

The Ringwood Environmental Commission is sponsoring a family hike in Ringwood State Park to celebrate Earth Day 2008. Come join us and enjoy Ringwood's beautiful outdoors!

The Hike: Mt. Defiance, Ringwood State Park

**When: Tuesday, April 22, 2008
10:00 AM**

Where: Meet at Lot A (Morris Rd to Botanical Gardens, make left immediately after guard shack.) This trail is a moderate climb with 2 great views from the top of one of NJ's highest peaks. Wear long pants, stable hiking shoes, bring water and your camera.

Questions:

ringwoodoutdoor@optonline.net

Wanted: Green Shopper

Do you love to shop? Are you a comparison shopper, always searching for the highest quality product at the best price? Then you are the person we need!

We are looking for someone to spearhead our Bio-Bags campaign as well as handle purchasing other items that the market will need over the course of the year.

We are looking to create a café at-

mosphere at the market and one project we have in mind is the purchase of eco-friendly, chairs and umbrellas that will be easy to put out at the market each week.

This is a job that can be done from the comfort of your home and does not require too much time.

If this interests you, please contact Amy Jolin at 973-962-4864.

Green Fest Set for May 3rd... submitted by Dave Watson-Hallowell, Sustainable West Milford

Sustainable West Milford is inviting exhibitors from West Milford, Greenwood Lake, Ringwood, Warwick and the surrounding communities to share information on green living at the first annual **Highlands GreenFest**. The festival will be held on **Saturday, May 3rd, 2008 from 10:00 am to 6:00 pm** (Rain Date, Sunday, May 4th) at Bubbling Springs Park on 1428 Macopin Road in West Milford, NJ.

The theme of the event is *Live. Protect. Enjoy*. The festival will include presentations and exhibits by experts in green building, organic foods, clean energy, alternative fuel vehicles, and sustainable living. Local environmental groups and outdoor clubs will provide both information on protecting the environment and hands-on demonstrations on how to enjoy it.

Environmental games,

pony rides and face painting are just some of the activities planned for children. There will be music at the gazebo throughout the day from a variety of local musical artists and a wide range of food options, including organic, vegetarian and local fare. Environmental movies will be screened, and discussions facilitated, on the pressing environmental issues of the day. Vendors offering sustainable products for sale, such as those made with recycled or reclaimed,

non-toxic and organic materials, are invited to participate.

For more information on Sustainable West Milford, please visit their website at: www.sustainablewestmilford.org More information on the festival will be posted on the website as soon as it becomes available.

Look for the Eat Local Table when you are there!

Second Annual Ringwood Garden Tour Planned



Saturday, June 21, 2008

10-4pm

Reception for hosts and greeters to follow the tour

The Garden Tour team is looking for host gardens to feature on our second annual Ringwood Garden Tour. If you have a lovely garden, please consider joining the fun by opening it to admiring visitors. Contact Jen Papa at 973-962-7825.

*The Garden Tour is sponsored by Eat Local, Inc.
Proceeds will benefit the Ringwood Farmers' Market.*

How Your Green Efforts Pay Off... submitted by Teri Powers

Did you know that your actions, no matter how small really help contribute to saving the planet? It is estimated that the average car emits 12,037 pounds of CO₂ annually. Check out how much you really do help by seeing what your one-year effect has in saving CO₂:

Recycle Aluminum and Steel

Cans: Recycling cans turns these valuable metals in to new products, saving 95% of the energy required to make aluminum from scratch and 74% of the energy needed to make steel. *You save: 414 pounds of CO₂.*

Recycle Newspapers and Magazines

Magazines: Not only will you save trees, but recycling these materials reduces contributions to air pollution by 95%. *You save: 581 pounds of CO₂.*

Wash Laundry on a Cooler Setting

Setting: About 90% of the energy used in washing clothes goes to heating the water. You can save money by using warm water instead of hot for some of your loads. *You save: 349 pounds of CO₂.*

Switch Five Lightbulbs to Compact Fluorescent Lightbulbs (CFL)

(CFL): A 25-watt CFL gives off the same amount of light as a 75 watt incandescent bulb does, plus it lasts longer and saves energy. If you switch 5 bulbs to CFLs you can save almost \$400 over the lifetime of the CFL. *You save: 500 pounds of CO₂.*

Modify the Temperature on Your Thermostat

Thermostat: By modifying the temperature just four degrees with a programmable thermostat so that you are not heating/cooling your house when you are not home. *You save: 1,300 pounds of CO₂ and about \$130 per year!*

Follow the Speed Limit: Sticking to 65-miles per hour improves your fuel economy by almost 15 percent. *You save: 1,500 pounds of CO₂.*

Use Power Strips: Even when turned off, your appliances still use electricity. By flipping the switch on a power strip, you cut off the supply of power. *You save: 1,608 pounds of CO₂.*

Compost a Fifth of Your Garbage: By putting less trash on the curb, you reduce the amount of fuel required to haul it away. Plus you can use your compost in your garden and have the nicest property on the block! *You save: 832 pounds of CO₂.*

Drive a Hybrid Electric Car: Hybrid automobiles get an average of 20 miles per gallon more than the typical mid-sized car. By using less gas you are saving 4.5 barrels of oil per year plus about \$560 in gas. *You save: 3,660 pounds of CO₂.*

Buy Green Power: More than 50% of retail customers in the US have an option of buying a green-power product from their utility. Found out if you have this option at www.epa.gov/greenpower. *You save: 20,508 pounds of CO₂.*

If you add up the pounds of CO₂ that you've saved by doing the above things for one year, it's equal to taking 2.5 cars off the road for one year. If everyone in the United States joined you think about the impact it would make!

Source: [Real Simple Magazine](#), April 2008, "How Green are You?"

Hard at Work...

The Board of Directors and volunteers have been diligently working in preparation of the 2008 season! Here are some of the things we are working on:

- ⊗ We are currently interviewing new vegetable, fruit, and prepared food vendors for

the 2008 season. We're looking forward to some exciting new sellers at the market

- ⊗ Lining up musical acts to perform at the market
- ⊗ Cleaning up and painting our signs

- ⊗ Getting ready to work in our Bus Circle garden
- ⊗ Planning other community projects

Want to join us? Call Amy Jolin at (973) 962-4864. All are welcome!

Recipe Corner: Roasted Asparagus with Parmigiano

Recipe By: Micol Negrin, Submitted by Fran Allen, Recipe Editor

Serving Size : 4

Preheat oven to 425 degrees

- 3 tablespoons extra virgin olive oil -- plus extra for greasing the baking dish
- 2 pounds asparagus -- trimmed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 ounces Parmigiano Reggiano cheese -- grated

Lightly oil 12 inch baking dish. Arrange the asparagus in the dish in a single layer, drizzled with the olive oil, and season with the salt and pepper. Top with the Parmigiano. Sprinkle with 1/2 cup of water.

Roast in the preheated oven for 15-20 minutes, or until golden brown on top and lightly crisp around the edges. Serve hot, with meat or poultry.

Source: "Rustico Cooking" Copyright: "2005"

Per Serving (excluding unknown items): 182 Calories; 15g Fat (69.2% calories from fat); 9g Protein; 6g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 400mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 1/2 Fat.

NOTES : Try adding some rosemary along with the Parmigiano for an herbal flavor.

Something to Look Forward to...

Opening day at the market is Saturday, May 31st and the season promises to be chock full of fun events. Here's a list of some of the things planned for this season! All dates are subject to change.

- ☼ **May 31st**, Opening Day and Eat Local Day
- ☼ **June 14th**, Get Out and Play Day
- ☼ **June 21st**, 2nd Annual Garden Tour
- ☼ **July 19th**, Taste of the Highlands
- ☼ **August 16th**, It's Easy Being

Green Day

- ☼ **September 20th**, Wellness Day
- ☼ **October 18th**, Harvest Day
- ☼ **November 1st**, Last Day of Market and Artisan Fair

Come join the fun!



Time is Flying!

As of April 2nd,
there are 58
more days until
the Ringwood
Farmers' Market
opens for its 2nd
season!