



Coming up this Fall

Farmers Feast
September 2—4 to 9 pm
Windbeam Farm, Wisc.



Pumpkin Festival
October 6, Saturday, 9 to noon
Train Depot in Red Wing

Winter Farmers Market
November 10—February 23
In the greenhouse at Sargent's
Nursery Saturdays 9 am to 1 pm

John Blue and sister Sarah in
1969 selling apples in downtown
Red Wing. Story on page 4.



Our mission is to provide a convenient and socially enriching place where the community can purchase the freshest locally grown produce and farmstead products available directly from farmers and producers who represent traditions and skills that we value as part of our way of life.

For the Love of The Ugly Duckling *by Sarah Blue*

Well, how's the heat treating ya?" It's been so hot that it's almost a bad idea to bring it up in conversation. Hopefully, by the time this newsletter comes out, it will be cooler. When summer heats up so unmercifully, the summer vegetables play the starring role - fresh sweet corn, cool cucumber salads, impossibly ripe tomatoes. We impatiently wait for them all year and they are perfect for hot summer days when turning on the oven is unappealing. Too soon they'll be less exciting; the corn will get tough and starchy, cucumbers will be just TOO big, and suddenly all those ripe tomatoes will become a burden to put up for next year, (though satisfying when done.)

Enter the lesser known root vegetables. Typically not considered all that attractive (though I believe "my little turnip" is a term of endearment); root vegetables are excellent sources of fiber and vitamin C, with good amounts of calcium and iron. They are often starchy in nature which makes them good substitutions or additions to mashed potatoes. Additionally, they have natural sugars that help them brown or caramelize when roasted. Mild in flavor, they are excellent cooked with butter, olive oil, herbs and garlic. Turnips, rutabagas, parsnips, kohlrabi and celeriac (aka celery root) all get ignored during the heat of summer, but they are easy to grow, generally pest free and store well. I'm including kohlrabi even though it's not a root exactly, but the thickened stem of a plant in the cabbage family; it may not be ugly but it sure is weird. Similar in nutritional value of root vegetables it differs in that it contains 3 times more vitamin C (1 cup raw delivers 140% of your daily vitamin C!) Kohlrabi is delicious shredded or julienned and tossed with coleslaw type salad dressings. My favorite recipe comes from the *Joy of Cooking*. Peeled kohlrabi is salted to draw out moisture, then rinsed, drained and dressed with a mixture of minced garlic, sugar, rice vinegar, sesame oil, and chile pepper.

(continued on page 6)

The President's Corner

by John Anderes, RWAFMA President



This summer will surely go down in the record books and it won't be for record corn and bean yields as were forecast. While our farmers here were shielded from the worst of the weather, just take a trip a little ways south or east and the crop devastation is more than evident. As you will read in this issue, it's not just heat and drought that affects the farmer, but it is the one force that they can do nothing about (at least not yet). Like so many things in farming, what is bad for one crop can be good of another. This can also be true for farmers as well. As our cash croppers bring in their beans and corn, they might have a sense of guilt knowing that their corn is approaching \$10 dollars a bushel at the expense of other farmers losing everything.

Our market is a microcosm of the large factory farms but, in a way, it gives our local vendors a bit more control on some things. Even in this weather, many of the vendors are able to get water to their crops one way or another. Pests are always a problem but, there again, they can be picked off the plants instead of using pesticides. The life of a small farmer has never been easy and in some years the financial rewards are minimal. But when you pick up a piece of fruit or a vegetable, you just might want to think about all that has gone into that product to finally get it to the table. And the taste! Well, you just can't get that in your average grocery store.

Okay, I'll step off of the soapbox for a moment. We at the market appreciate your patronage and we would love to see you all at our Farmers Feast! For our Friends of the Market, the Feast is included as a part of their membership. It is sure to be loads of fun and it will be hosted at Windbeam Farm just across the river, the home of Paul and Trudi Schaefer. We are delighted to have the Ditch Lilies playing again for our entertainment. It will be held on Sunday, Sept 2nd starting at 4:00 p.m. (dinner at 6:00) and ending when the cows come home. This feast will be prepared by our vendors only using what they grow. I just can't wait to see what they come up with!

Oh, by the way, I'm looking forward to a colder winter than last year with a lot more snow!

OUR MARKET TEAM

Our Farmers Market is managed on a volunteer basis. Gratefully, two more people have offered their time and talent as site managers at the Saturday Market. Hank Brummer, newly retired, shows up at the Market at 7:00 a.m. and helps the vendors to find their assigned stalls. By the time customers begin to appear, he's set up the tents, hung signs, started the first pot of coffee and prepared the Welcome Tent ready for the Market day.



Lynette Nadeau is in a dual role of vendor (owner of Goat Peak Ranch) and tends to the Welcome Tent. She collects vendor fees, and is available to the vendors until the end of Market day. Additional activities such as music, children's activities, llamas and goats to pet, and crafter demonstrations require her attention and assistance. An additional volunteer is required to help her take down and store the equipment at the end of the market day.

Our Farmers Market has changed and grown in the past six years since it was formally organized. Much goes on behind the scene to support the operation and the vendors who participate. Six board members give generously of their time, membership provides the funds needed for publicity and organizational expenses, and community members volunteer occasionally. The Saturday Market has become a community event where friends and neighbors meet and more and more customers can buy locally.

Dianne Aisenbrey, Market Manager

Caveat Emptor: or Jack Meets the Agri-Giant by Paul Schaefer, RWAFFMA Master Gardener

In the current recession, Jack, like many, could find no work. Desperate for the house payment, he took his last cow to market, but was stopped on the way by a slick salesman who worked for Monsanto. Before he knew what happened, Jack had exchanged his cow for a small packet of beans which the salesman swore would make Jack wealthy. Anxious about what he had done, Jack rushed home and planted the beans. “Magic Beans,” the packet said. And sure enough, when he woke the next morning, his entire garden was filled with very large bean plants, each bearing several hundred golden beans. So delightful were these beans in size, shape and color, not to mention disease and pest-resistance, that Jack soon sold all of them for a premium at the Farmers Market, and was able to make his house payment and put money down on a new tractor.

Now of course Jack saved some of the bean seeds to plant the next year. Which he did, and lo, once again the beans grew magically overnight, and greeted him with an even more abundant crop than last year. But as he ran with joy into his expanded garden, Jack noticed numerous ominous figures lurking among his beans, picking some in fact. And as he approached one of these figures, the man, a very large man, said the following: “Jack Jones, you are hereby under arrest for planting seeds patented by the Monsanto Company. These seeds, very expensive to develop, are owned exclusively by Monsanto, the world’s largest seed company. You may not save and plant these seeds. You must purchase them anew each year. Now come with us.”

Jack’s attempt to resist the Agri-Cops was futile. He was taken to court and ended up, after several years of bootless litigation, losing his farm. He did emerge a much smarter man, however, discovering the following during his fight.

Ten companies control 73% of the world’s seed sales. Monsanto, at 27%, is by far the largest, followed by the 17% share held by DuPont, both U.S. companies. Two other U.S. companies are on the list: Land’o’Lakes, at 4%, and Dow, at 2%. There is one Japanese company, and the rest are European. These figures are for all seeds...corn, soybeans, flowers, etc. But the news is worse for vegetable seeds, where eight of the Big Ten control a staggering **94%** of the market. Monsanto again being at the top. Now pay attention: these same Agri-Giants controlled a mere **70%** of the vegetable seed market way back in 2007. See a trend here? Yes, Jack, these companies are busy in every country in the world, even the very poorest, seeking ultimately to control the planet’s seed supplies. [They also have an increasing lock on agrochemical sales worldwide.] So what should we, home and Farmers Market gardeners, do in the face of such an onslaught?

Obviously, be very sure the seed companies you buy from are not owned by the Agri-Giants. Don’t be fooled by a name and a butterfly-bright logo...do your research and discover who actually owns the company. For my wife and I, it’s easy. We buy only from Seed Savers Exchange, the Iowa-based seed bank responsible for saving more heritage vegetable and flower seeds than any other organization in the U.S. Whereas the Agri-Giants, in seeking to control the entire market, want to sell only a limited, highly profitable number of seeds, the Exchange does exactly the opposite: make available literally thousands of seeds of a vast diversity at no profit. **And that’s the other thing you can and should do: save seeds! How subversive...saving your own seeds. Replanting them next year. And the years after. Just be sure they aren’t owned by Monsanto!**

FYI – Local seed savers and traders meet every winter at the Red Wing Public Library. Call Hank Brummer for information—651-385-8208

Flower Valley Orchards - Enduring Through Adversity

by Bruce McBeath, RWAFMA Member



The Homestead of the Blue family

Mother Nature dealt John and Maureen Blue, proprietors of Flower Valley Orchards, the same cruel blow that devastated many other growers in our region. An unusually warm late winter stimulated flowering on fruit trees, setting up disaster when a following cold stretch froze them: no blossoms, no fruit! For Flower Valley Orchards, it meant an estimated 90% crop loss this year.

For the Blue family it was the first time weather has so completely frozen them out of production. But it is not the family's first taste of adversity in their many years operating an orchard that began in 1946 with original owner Gren Harms. Sam Blue's desire to raise his six children in the country led to his purchase of the Orchard in 1968. An able and enterprising novice to the fruit growing business, Sam moved his family from St. Paul, and arranged to have Harms teach him the basics through a couple of yearly growing cycles.

Early on the Blue family nurtured a large network of some 7,000 fruit trees spread over approximately 200 acres. A pie and cider production operation and a retail outlet on Highway 61 extended the fruit growing operation during the "full flowering" of Flower Valley Orchards. However, in the 1980s it became difficult to find needed seasonal labor, so the number of trees were trimmed back severely to what could be managed by the Blues. With less available labor, both from outside and within the family, other orchard operations were curtailed or sold off over time.



“Old Mac” is a 50+ year old McIntosh apple tree, still bearing fruit

With his father’s “retirement” (Sam continues to appear at the orchard from time to time, keeping his hand in) John presently manages 700 trees, including 15 varieties of apples, peaches, pears, and apricots. He and Maureen have now persisted through three continuous years of hail damage, and the struggles with pollination brought about by a low bee population. Sarah Blue, John’s younger sister, lives on an adjoining piece of family land, and has begun working with bees to aid in the pollinating process. Sarah, he suggests, has the “greener thumb” and excels at experimenting with new growing possibilities.



Sam Blue and son John with their first crop of Honey Crisps

The Blues have also persisted through crop losses related to the various kinds of pest control issues that plague all growers. John has learned to follow an “integrated pest management system” that minimizes the use of pesticides. Maintaining pest control requires very careful on-going attention to the condition of both fruit and the tree. One day of inattention can lose a chunk of the crop to insects. John seems calmly reflective regarding his own losses here: “I’ve made mistakes, but I’ve also learned from them.”



Maureen Blue at the Red Wing Farmers Market

Even with the freakish loss this year, John remains anchored in his life as a grower. What was once a business supporting two families has become something more akin to a “hobby that I want to once again make more productive.” The outside jobs he and Maureen maintain have made it possible to financially weather losses like those experienced this year. Yet as he nears retirement with the Goodhue County Sheriffs Department, John looks forward to increased time with the orchard.

“I love living here and need to have my hands in the soil” he says. Then, perhaps reflecting the optimism that must be a prerequisite for growers, he finds in this year’s loss a piece of silver lining, adding, “at least this year, for the first time, I’ll have the fall season off.”

For the Love continued from page 1 -

Celeriac is quite the odd root vegetable. If you come across it at the farmers market, you might ignore it out of respect to the vendor. It's THAT ugly! Related to the familiar celery that we grow for the stalks, it has a similar flavor and can be boiled and mashed alone or with potatoes for a subtle celery flavor. It's the base of a classic French bistro side dish called celery root remoulade where boiled celeriac is cut into thin matchstick strips and tossed with remoulade sauce (mayonnaise, cornichons, capers, parsley, tarragon, garlic, Dijon, salt and pepper.) Kohlrabi and turnips are more tender young and are at their best as an early to mid summer vegetable.



Rutabagas look like a bigger, coarser turnip though they are actually a cross between a turnip and a caggage. They have yellow flesh and store well. You'll find that in the grocery store produce section they are coated with wax to extend their shelf life – same with parsnips. Unfortunately, this means you might find those from the grocery store are very old indeed. If it's your first try of these roots, seek them out at the farmers market in the fall when they are in season, then you'll taste them at their best. Parsnips in particular benefit from a frost to sweeten them up a bit. They are one of the few vegetables we can overwinter in our zone. With a good twelve inches of mulch to insulate them from the lowest winter temperatures, gardeners can enjoy them in the spring as soon as the soil thaws. Parsnips look like a long white carrot. When roasted, they have a rich nutty flavor that pairs well with roast beef or chicken. Try roasting them in the oven until browned then drizzle with maple syrup for a very easy side dish.



These root vegetables don't get near the use of the commonplace potato, but they are delicious and good for you. An easy way to think of using them is to add them to or let them fill in for potatoes in your favorite fall recipes. They will improve any roasted vegetable dish, beef stew, hearty soup or mashed dish that calls for potatoes. Turnips and rutabagas don't have a culinary tradition in the United States, but the British Isles and Europe have dishes that are routinely accompanied by a mash of rutabagas or a gratin of turnips. During and after World War II, rutabagas were often the only food available in many war damaged German Cities. Though it helped thousands survive starvation, it's labeled as a famine food by many people from that time and as such will not be eaten, though it's role in keeping people alive to see better days should not be forgotten.



Look for these root vegetables at the farmers market. You can also find them at the grocery store but they won't be near as fresh. They keep well in your refrigerator so you have time to find the perfect recipe for them, though simply boiling them up to mash with

butter, salt and pepper will give you a good idea of their potential.. **Give the ugly ducklings of the vegetable world a chance!**

A Little Dirt Doesn't Hurt

Review by Dianne Aisenbrey, RWAFMA Member

As you shop for fresh vegetables and fruit at the Farmers Market, notice that a little dirt may be clinging to the freshly picked produce. This may be exactly what you need to stay healthy. An article in the June 20, 2012, edition of the New York Times by Jeff Leach is thought provoking and informative about the value of dirt in our diet.

He begins by saying, "Over 7,000 strong and growing, community farmers' markets are being heralded as a panacea for what ails our sick nation. the greatest social contribution of the farmers' market may be its role as a delivery vehicle for putting dirt back into the American diet and in the process, reacquainting the human immune system with some 'old friends'."

As managers of our Red Wing Farmers Market, we are guided by State and County regulations to attend to hygiene: we provide hand sanitizers when animals can be petted, meats are kept in freezers, eggs must be refrigerated, and latex gloves are worn to serve samples of food. Of course, these measures are necessary to protect the health of the public. However, as Mr. Leach suggests, over time we have created an environment of antiseptic cleanliness that may have done more harm than good.

Mr. Leach says "Increasing evidence suggests the alarming rise in allergic and autoimmune disorders during the past few decades is at least partly attributable to lack of exposure to microorganisms that once covered our food and us."

You may read the complete article at <http://nyti.ms/NUVnxx>. It is well worth the time and may impact your perception of the value of "dirt".

Beans Green and Yellow

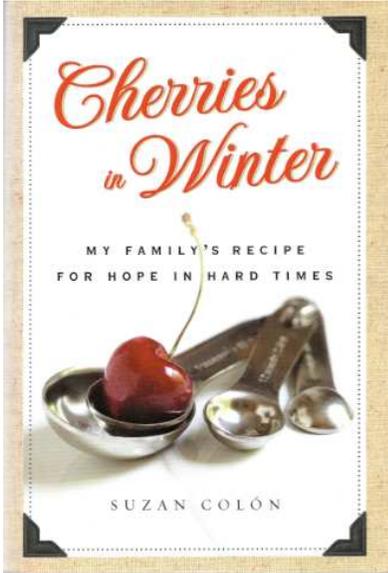
In fall
it is mushrooms
gathered from dampness
under the pines;
in spring I have known
the taste of the lamb
full of milk
and spring grass;
today
it is beans green and yellow
and lettuce and basil
from my friend's garden _
how calmly,
as though it were an ordinary thing,
we eat the blessed earth.



Swan: Poems and Prose Poems by Mary Oliver, Published by Beacon Press, Boston, 2010.

Cherries in Winter by Suzan Colon

Reviewed by Dianne Aisenbrey ,
RWAFFMA Member



This book is an ode to our grandmothers and grandfathers who lived through the depression era of the 30's and did it with grace, inventiveness and humor. When the hard times hit author, Suzan Colon, eating out became a thing of the past. She dug out her grandmother's recipe book and learned a whole new way of feeding her family. Susan's mother recalls how her parents left the city and tried their hand at farming, thinking, at least, they could survive by raising food to eat. It was much harder than they thought. Undaunted, they boarded up their house, headed for Florida in their aged car and \$100 to take their chances.

Each chapter begins with one of her grandmother's recipes--simple, inexpensive and tasty. Suzan experiences the satisfaction of stretching their meager income AND learning to prepare nutritious and delicious meals. This is a treasure of a book filled with heartwarming stories of survival in difficult times.

Black Bean Cakes

Submitted by Barbara Ekstrand, RWAFFMA member

My husband, Hank, has turned our back yard into a vegetable garden (at the expense of my flowers). The food he grows feeds us through the Winter months. The black beans he grew for this recipe are superior to the grocery store variety; they cook quickly and are delicious. This dish is good example of a nutritious, inexpensive meal.

1 1/2 cups salsa
1 cup dried black beans
1/2 cup corn meal
1/2 cup flour
2 t baking powder
1/4 t salt
1 1/2 t chili pepper
Oil for cooking the bean cakes
1/2 cup sour cream



Hank brings in the harvest!

Soak black beans and then cook until soft. Drain if necessary.
Combine the corn meal, flour, baking powder, salt, and chili pepper in a bowl.
In another bowl, mash the black beans (a potato masher works well).
Add 1/2 cup of the salsa (drain if it's very runny); and the cornmeal/flour mixture, and mix well.
Heat a 12-inch skillet with a Tbls. or more of oil over medium high heat. Measure out 1/2-cup servings and place in skillet and flatten to 3 1/2 inch round cakes. Cook three minutes on each side until browned. Remove from skillet. Repeat with remaining oil and bean mixture. Serve with sour cream and extra salsa sauce.
Makes about 7 black bean cakes.

4-H'ers Compete in the Cook-Off Event

On Saturday, July 21st, Goodhue County 4-H members competed in a Cook-Off Event at the Farmers Market. The event, which was part of the University of Minnesota Extension's healthy living program, encouraged the 4-H'ers to promote and teach healthy living skills. The members split into three teams that were headed by a local "celebrity." They then shopped the market for healthful recipes and ingredients at the farmer's booths.



Team A included Jan Aukema, Darius Weyous, and Katina Gehn headed up by Senator John Howe.



Team B—Matthew Knutson, Valerie Gehn, and Brice — was led by Sheriff Scott McNurlin.



Team C - Natalie Kuehni, Aly Dietz, and Amy McNurlands - was directed by County Attorney Erin Kuester. Their omelet took first prize.



The Cook-Off Team—posing in about the only dry spot at the train depot that day! Dean Bystrom, Shua Vang, and John Anderes judged the three creations.

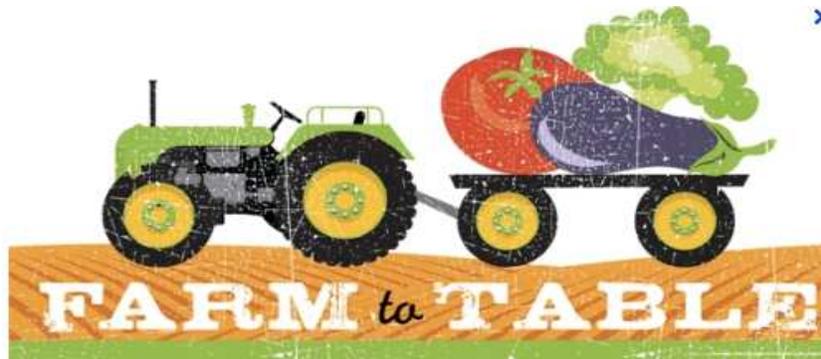
Anderes said he was surprised that they all served up tasty omelets and every one was flipped perfectly.

Gwen Frasier is team leader for the Burnside Pluckies. Gwen and Brenda Cartstrom, adult volunteer for 4H, planned the Cook-Off event to promote the idea of healthy living.

The Pluckies want to do the event again next year and will prepare stir-fry dishes.

Upcoming Events

Farmers Feast September 2nd 4 - 9 pm



This feast is for the membership. We are gathering together our vendors and Friends of the Market to celebrate the harvest. Great food from the farm, great music by the Ditch Lilies, and great company! At the farm of Paul and Trudi Schaefer, N2934 750th St., Hager City, Wisconsin

Pumpkin Festival October 6th 9 to noon

From the biggest to the smallest, the prettiest to the ugliest, see them all!

Everyone, old and young, is invited to bring their prize pumpkin to the Festival.

Vote for the People's Choice and award a basket of produce from the Farmers Market to the winner.

Master Carver, Bill Habedank, will demonstrate his carving skills.

Growers: Contact Hank Brummer to enter your prize pumpkin(s). Equipment to weigh your entries will be available.
651-385-8208



People's Choice Award winner
2010 Molly Carlson

Organizational Information

Board of Directors:

John Anderes, President
Dianne Aisenbrey, Vice President
Secretary: Vacant
Blaize Holden, Treasurer
Leah Nesbitt-Miller, Member at Large
Elaine Denzer, Member at Large

Editorial Staff:

Editor: Dianne Aisenbrey
Design: Sharon Schroeder
Printer: St. Olaf College
Website: Sharon Schroeder

Coming up.....

Winter Farmers Market – Starts Saturday, November 3, 9 am to 1 pm through the end of February in the greenhouse at Sargent’s Nursery in Red Wing

Annual Membership meeting: Late January – Notice will be sent

Vendor Registration for 2013 Summer Farmers Market will precede the Membership meeting in late January.

Friend of the Market Membership

Your annual membership fee of \$40 supports our Farmers Market and INCLUDES two tickets to the Farmers Feast.

Name _____ Date _____

Address _____

_____ zip _____

Phone home (_____) _____ cell (_____) _____

Email _____ Cash _____ Check Enclosed _____

_____ Yes, I plan to attend the Farmers Feast on September 2.

MAIL TO: RWFAMA, P.O. Box 372, Red Wing, Minnesota

Need more information? Go to: www.redwingfarmersmarket.org 651.388.4252

