



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.

Unless you have a Winter Garden in your back yard like Hank Brummer



You may want to plan a visit to the Winter Market in a greenhouse at Sargent's Nursery 3352 N. Service Drive Red Wing Nov. 4th to March 3rd Saturdays

***For the Love of Honey!* by Sarah Blue**

Sweet! It's about time for honey to get some attention. I had an experience this year that has changed the way I think about honey. I buy local honey, always have, never thought about it. I ran out of honey a while back and my husband noticed and kindly bought some home from the grocery store. Seeing it, I couldn't help myself and said "Oh, I never buy honey from the grocery store." He needed a reason why so I said "I think the store brand stuff comes from China." He thought it would be just fine for his toast. Well, that honey tastes awful. I'd like to throw it away. It's sweet but just not tasty. This experience has prompted me to learn more about honey. Why does it matter if it's from here or China? Why wouldn't China make good tasting honey? One of the perfect things about honey is that it doesn't spoil. It can sit out on your counter FOREVER — that long and it won't spoil. It may crystallize but that is easily remedied by carefully re-warming it to a liquid state. So, it's not as if honey couldn't be shipped around the world and still be delicious – if it was delicious from the start. U.S. honey is subjected to strict guidelines determined by the U.S. Department of Agriculture. Main criteria are water content, flavor and aroma, clarity and absence of defects. A, B, C, and Substandard are the grades. Grades A and B are found in grocery stores, though a jar may be comprised of honey blended from many sources, and subsequently lacking in any character other than 'sweet'. At farmer's markets, Grade A is typical plus 'pure' often as part of the label. Grade A honey will be clear, have good flavor and aroma, and be free of crystallization, air bubbles, pollen, propolis and wax particles. Honey can be a blend of all the flowers visited by a hive of bees in a growing season or of an identifiable single source, such as buckwheat, clover, apple blossom or from the tupelo tree, which is considered to be one of the best flavored honeys of all. Single crop honeys are worth seeking out – it can be a revelation to taste a honey that can be identified so accurately.

—Continued on page 6

The President's View

by John Anderes, RWFMA President



The extreme swings in weather from last year followed us into this year. Seeds rotted in the fields early this season and the prolonged cold spring made produce two to three weeks late. That being said, we still had a bustling market. The kids especially enjoyed the chickens and bunnies that the 4H brought and everyone seemed to be attracted to the alpacas and llamas. Opening the market was the sheep shearing demonstration by Hank Brummer who showed how a gentle hand can take the fleece off a sheep in a matter of minutes. Thank you all for helping make the Red Wing Farmers Market more than just a farmers market!

We also did some experimenting with help from Live Healthy Red Wing. We were fortunate to be given a grant from LHRW which allowed us to identify two satellite locations (Fairview Medical and Sargent's Nursery) and to purchase signs and banners to promote these markets. We had some busy days but not enough of them to continue the satellite markets through the season. This however doesn't mean we are throwing in the towel. We will be reexamining the old sites and exploring new ones, so keep an eye out next summer for us. You never know where we might pop up.

The winter market at Sargent's Nursery will start Saturday, November 4th. Most of the vendors from last year will be vending as well as some newcomers. It looks like we will have two greenhouse vendors so you can expect fresh veggies in the middle of the winter! We will be having more activities this year. There will be only two Saturdays (February 4th and 18th) that the market will be closed to make room for special activities in the greenhouse. So, when the snow flies look for us at Sargent's.

Pumpkin Fest at the Saturday Market October 15

There are no giant pumpkins this year. Mother Nature had other ideas.

So, local growers will bring their most interesting pumpkins to demonstrate their gardening talent.

Master pumpkin carver, Bill Habedank of Red Wing, will demonstrate his talents.

His creations will be displayed at his home from October 28 to November 2.

Last year he had 150 carved pumpkins on his front yard at 1913 Grandview Ave.



**Bring your children and
get some great ideas.**

Raise Your Beds . . .

by Paul Schaefer, Master Gardener, RWFMA

Garden beds, I mean. I cannot emphasize enough the value of raised beds for those of you growing both vegetables and flowers. It's easy to do, and the benefits are considerable.

First, the benefits of beds. These include your ability to have almost absolute control over the soil or medium you plant in. You, not your surroundings, dictate what goes into the bed: compost, black dirt, sand, manure, pea gravel, and so on. Need a certain Ph for what you are growing...create it in the bed. Gardening in clay soils...lighten them up with sand and compost in the bed. And so on. Like to plant a little earlier than called for? Beds heat up more quickly than surrounding soil - because they are higher than the base garden, and because they are, essentially, a container. Troubled by poor drainage? Beds drain more quickly both because they are raised and because you have created the soil in them. And weeding? It's much easier because you are essentially weeding a container, not a spot in a garden surrounded and invaded by intruders who have the advantage of being at the same level as your cherished plants. Finally, there's the aesthetic angle: beds look much more inviting than a simple flat space; they give your garden well-defined edges; you can [and should!] have paths between them; and you can play endlessly with the shapes and materials of beds.



As with many garden projects, there is no prescribed method of bed building. So...I'll relate what we have done, and are doing, at Windbeam Farm. Our first garden...Garden 1...is about 35 years old, and has eight beds. Their size varies, from 4x6 to 10x10. All are linear, and only about 8 inches above ground. Materials vary. Most are made from red oak timbers obtained from wood I cut on the farm and took to our local lumber mill, now defunct, [as are all but one local mill, a mystery and a tragedy!]

Several, however, are made from bricks and mortar, and one from limestone. The most recent...a good 12 inches high, is made from slabs of red oak, cut here on the farm and split with our woodsplitter into pieces roughly 2x12x12. I simply could not burn such useful wood! Soil in the beds varies, but each year we add some compost made here with goat and chicken manure and vegetational etceteras. And, of course, 3 foot paths, wood-mulched, meander between the beds. Only two beds, asparagus and rhubarb, are permanent, in the horticultural sense of the word.

Garden 2 was for many years 'open,' with no raised beds and a mayhem and riot of flowers and vegetables clambering over each other every year. The riot is now under control with 14 beds, all of them with more depth than those in numero uno. Materials are all wood, including red elm

logs from the farm chamfered together at the ends for a real Abe Lincoln look [red elm is a very water resistant wood] and lots of white oak [even more resistant] 2x12s. Size varies from 6x6 to 12x12. In the latter, we have slight stone paths down the center to allow for planting, weeding and harvesting access. Bed medium in each case is, more or less, 1 part black dirt [from our woods...wonderfully rich!], 1 part sand, and 1 part goat manure-based compost. Wood-

mulched paths allow access, and interest. And both gardens are bordered by landscape plantings, one on the south side being a hazel nut [very productive!] hedge.

Garden 3, which changes each year, is just flat ground. It's where we plant potatoes and squash and sunflowers...all too large to put into beds. This may change, however, as we age and scale down, if that's possible for us. A bed of potatoes??? Could be! I mean how much will we eat when we are 80?

“Char’s Bars”: Combining Art and Science



Char Smith has been a Red Wing Farmers Market vendor since 2008, with a growing business in soaps and lotions. A pastel artist whose hands got raw and chapped handling her palette materials, Char found commercial soaps only made matters worse. Daughter Rachel encouraged her mom to use her science and art background to create her own soap. Her successful experimentation with soap making led to the birth of “Char’s Bars” in 2002.

Char continues to enjoy combining art with science in this endeavor. She likes working with colors and scents to make “something artistic that wasn’t going to be just soap.” But the science is important: soap making involves risky ingredients, like lye, that require careful handling and precise measurement. Char notes the “many disasters” encountered in her early days of soap making before she acquired precision measuring instruments that could accurately weigh small compounds of hazardous materials and insure safety.

Soap making is an historic craft. Early soaps, comprised of alkali, fat, and lye, had the consistency of a soft taffy, and were never molded to a hardened form like the bar soaps we have today. Char uses tallow from organically fed Highland cattle to remain faithfully organic to produce the “solid” bar soaps sold at the Farmers Market.

by Bruce McBeath, RWFMA

Char also creates liquid soaps, her interest again piqued by personal experience with allergic reactions to fragrances found in commercial products. Here, Char used her scientific training to investigate the world of essential oils used in liquid soaps. As a result, the organic oils found in her liquid soaps are natural compounds that do not evoke allergic reactions. Char also uses organic sources to create therapeutic facial oils, including pumpkin seed oil, rose hip oil and camelina oil, all natural aids in the repair of the skin. Aromatherapy lotions are also featured in Char's line of home based products.



“I want us as human beings to find things that are natural and sustainable.”

These words describe the philosophy that guides Char's work in the spacious modern laboratory that

occupies the upper story of her home in Red Wing. She is a staunch environmental advocate who opposes the use of the antibacterial soaps that pervade the soap market today. These products contain the chemical Triclosan that is converted by sunlight into a group of dioxins which are toxic environmental pollutants.

Triclosan is an environmental hazard recently monitored in the waters of Lake Pepin. A study published in 2010 looked at sediment core samples extracted from the lake, in which research analysts found a 200-300 percent increase in dioxins related to Triclosan. These dioxins had not existed before Triclosan was introduced on the market, and already account for about 30 percent of the total Dioxin mass in Lake Pepin.

Char's soap, lotion and oil making benefits from the many contributions of her family. Son Nick is her computer guy, daughter Rachel “leads me into new areas”, and husband John created her work environment and constructs materials used in her soap making.

What's next for this artist-scientist maker of soaps and oils?



Char states her continuing challenge: to bring art and science together to create something that is new, natural, useful and sustainable.

(For the Love continued from page 1)



Like other foods that have become commodities, honey is produced for world consumption in huge amounts. In the first half of this year 62 million pounds of honey were imported to the United States from India which is believed to be Chinese honey routed through India to avoid the high tariffs we impose on Chinese honey. (China has dumped huge quantities of honey at impossibly low prices to the US market). If this continues, US honey producers could be pushed out of business all for inferior, cheap honey. The European Union will not buy this 'Indian' honey because they can not verify it's origin, or even what's in it for that matter. Honey to be honey can not be heated over 140° Fahrenheit or it's flavor will be affected. Imported honey is often heated higher and may even be dehydrated to reduce high moisture content caused by harvesting the honey too early or because it's been diluted to dissolve banned chemicals used on the bees and to make the final product appear purer than it is.

Back to local honey. It's my favorite topping for buttered toast or to sweeten hot tea. A simple, satisfying dessert is honey drizzled over sliced bananas and vanilla ice cream. Honey is a sugar and a carbohydrate, but compared to granulated white sugar which is solely sucrose, it has 9 minerals including calcium and iron and 9 vitamins including vitamin C. Not to say that it's powerhouse of nutrition, but it's good to know that the way bees turn plant nectar

into honey preserves the nutrients that are naturally contained in flower nectar.

Local honey is worth the higher price. Beekeepers will be able to tell you what their honey will taste like. They'll be able to tell you what flowers their bees visited. Some beekeepers will collect honey from just one source, clover or buckwheat for example. The flower source of the honey doesn't just influence the taste. The FDA recently approved of the use of Manuka honey as a wound dressing. Honey is naturally acidic and antibacterial. In particular Manuka honey, which is gathered from a New Zealand tree related to the Tea Tree, aids in the treatment and healing of surgical sites, trauma wounds, skin grafts, burns, and skin sores.

Locally you can find more variety in honey. In addition to a golden jar of pure grade A honey, beekeepers will often sell honey comb or a piece of honey comb suspended in a jar of honey. The beeswax surrounding the honey is perfectly edible. Creamed honey is simply honey that has been allowed to crystallize in a controlled manner so the crystals are very tiny and give a creamed or buttery consistency to the honey and it is absolutely delicious on toast. Honey stix are a popular way of enjoying honey with a little flavor added – like raspberry or cinnamon. Great for a quick energy boost, or just the right amount to sweeten a cup of tea or coffee. Kids love discovering their favorite flavor be it cinnamon, raspberry, peach, or clover.

Just about everything the bee produces has purported beneficial qualities. Some beekeepers collect bee pollen, propolis, beeswax and royal jelly. Bee pollen and royal jelly are highly condensed sources of nutrition that the bees use to feed growing bees. Royal jelly is reserved for those bee larvae destined to be queens. Beeswax is made and used by bees to build the 6 sided cells that variously contain honey or bee larvae. Beeswax makes the best candles and is a wonderful natural ingredient for soaps and cosmetics. Propolis is often called 'bee glue' and is a resinous substance bees use to seal up gaps in the hive. There are a great many health claims for the use of bee pollen,

royal jelly, and even propolis. Whether true or not, it is amazing that bees manage their hives in such a meticulously clean manner that these substances can be collected at all. Most beekeepers leave these substances for the bees as they are essential to a strong and healthy hive. Honey on the other hand, in a good year, can be produced in abundance. Once the beekeeper has assured that the bees have gathered enough honey stores to get the hive through winter, he or she will add honey 'supers' to the hive which are designed to only allow bees to fill cells with pure honey. These supers will be removed when full to become the honey you see in jars at the farmers market.



Beekeeping is a fascinating collaboration between humans and insects. Supporting local beekeepers by purchasing their honey is a way of insuring that honey bees are in our environment pollinating our food crops and flowers.

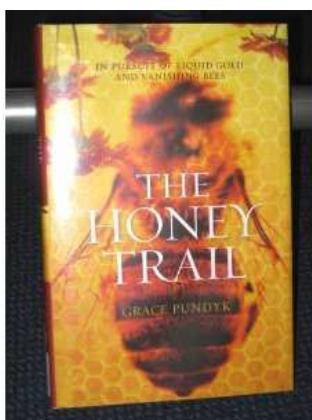
Although the European honey bee (*Apis mellifera*) is an imported insect, we have become dependant on it to pollinate many of our important food crops. Unfortunately, honey bees in recent years have become the target of several insect pests and a disturbing and not fully understood disorder known as colony collapse disorder (CCD). Bees and beekeepers are struggling to stay on top of this condition, but not knowing its origin makes treatment difficult.

There are so many ways to enjoy honey. Honey is a wonderful enhancement to a cheese plate. Try a mild clover honey with a salty blue cheese. A strong flavored honey like buckwheat goes well with a high quality Parmesan or Gruyère cheese. A visually pleasing and delicious combination is a

creamy goat cheese or triple cream brie type with a piece of comb honey. Honey can be easily substituted for white sugar. Measure for measure, honey tastes sweeter than sugar so use less. Use $\frac{3}{4}$ cup honey for 1 cup of white sugar. Reduce the liquid in a recipe by $\frac{1}{2}$ cup for every 1 cup of honey used and if baking, reduce the oven temperature by 25 degrees. Honey browns quickly and lends itself to glazes for meat or cooked fruit. It dissolves easily as the sweet ingredient in Asian stir fry sauces or for salad dressings. In baking, honey is more water attracting than granulated white sugar and will keep breads and cakes moister longer. Next time you're cooking and the recipe calls for sugar, try substituting honey and see for yourself.

In researching this article, I have become so intrigued with honey and the beekeeping process, I've signed up for a beekeepers course. The University of Minnesota offers a two day short course to introduce beekeeping wannabees to the basics of keeping bees in Minnesota. Our own Red Wing library boasts a great collection of beekeeping resources to fuel your interest if you'd like to know more about this fascinating hobby.

A recent publication, *The Honey Trail: In Pursuit of Liquid Gold and Vanishing Bees* by Grace



Pundyk, put out in 2010 by St. Martin's Press is an engaging account of beekeeping around the world.

Honey industry information came from an article by Ron Phipps "Tsunami of Indian (Chinese) Honey Now Arriving on U.S.

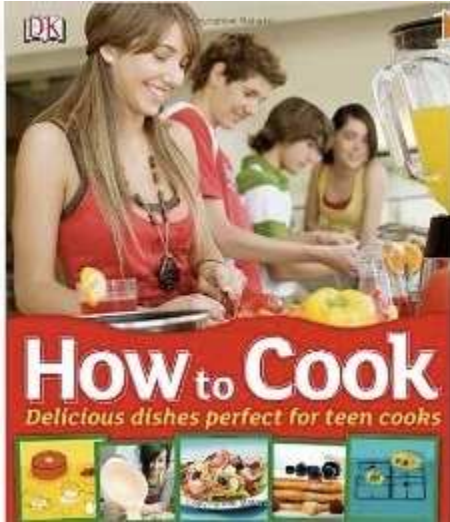
Shores – Threatens to Drown Rebounding U.S. Honey Market". The article in its entirety can be found at <http://americanhoneyproducers.org/Tsunami%20of%20Indian.pdf>

Visit Eske Bennetsen of River Road Honey Farm at the Red Wing Saturday Farmers Market and the Winter Market at Sargent's Nursery. eske.bennetsen@geagroup.com

Delicious Dishes Perfect for Teen Cooks

Reviewed by Leslie Hakala,
Best of Times Bookstore

I wish I had owned this book in college when I had my first apartment. Although I might have had my mother's tried and true recipes memorized and a more-than-adequate number of concoctions that called for cream of mushroom soup, I still had no idea how to cook anything INTERESTING!



This book is perfect for a cook of any age to start to expand his or her culinary horizons. Yes, basic French toast is included on the eggs page, but also listed and described are instructions for Huevos Rancheros, and, even more adventurous, Piperade, an egg dish with enticing vegetables.

Ethnic food recipes are broken down to easy instructions, accompanied by photos and drawings, so this book does not assume the reader knows what is meant by some of the terms. What I found especially convenient was that the back section of the book has tricks and tips along with baking techniques that serve as a great help when Mom or Dad aren't available to coach the new cook in person.

This would make a fantastic gift for the teen in your life, but I would only give it with the promise that the receiver would cook one of the many exceptional recipes for me!

October Fest Sausage Soup

From the kitchen of Deb Moen

1/2 lb. smoked sausage (How about trying the smoked pork from Clara's Comfort Food?)
1 cup beef broth
1 cup chicken broth
1/4 cup coarsely chopped celery
1/4 cup coarsely chopped onion
1/4 cup coarsely chopped green pepper
2 potatoes, diced
2 Tbls. cornstarch dissolved in 2 Tbls. water
1 cup (4 oz.) shredded Swiss cheese
1 can (8 oz.) sauerkraut, drained
2 cups half & half
pepper to taste
2 green onions, sliced



Combine broths, celery, onion, green pepper and potato in soup kettle; bring to boil over high heat. Reduce heat to low, simmer until vegetables are crisp-tender, about 15 minutes. Add dissolved cornstarch; cook until soup thickens. Cut sausage into small pieces. Add sausage, cheese, sauerkraut, half and half and pepper. Stir. Continue heating until mixture is hot. DO NOT BOIL. Serve immediately. Garnish with green onions.

Our Newest Members



Xander Tripp Overlander made his appearance on August 4, 2011, to the joy and delight of his parents David and Carol. Xander will learn all about heirloom varieties because his dad loves to tell anyone who will listen about the produce he and Carol grow. Xander made his acquaintance with the Farmers Market crowd at the Farmers Feast and loved all the attention.

OVERLANDER ORGANICS



Lincoln James Holden joined his parents, Blaize and Lynnea, on August 15 2011. He looks forward to healthy eating from Green Gardens where his parents use chemical free practices to grow their vegetables, fruits, and herbs. Some day soon you may see Lincoln at the Farmers Market learning the tricks of the trade.

GREEN GARDENS

Animal Friends of the Market



What could be more fun than petting a llama or an alpaca? Young visitors to the Farmers Market delight in the rare opportunity to get so close to these lovely animals.

The llamas live on the Lazy Acre Farm near Roberts, Wisconsin, cared for by JoAnne and Ron Pottebaum. They've been raising llamas for over 10 years for breeding and for wool. They have 25 to 30 llamas and show their animals at fairs and special shows, and particularly enjoy the people they meet. JoAnne spins llama wool and enjoys knitting and crocheting. JoAnne and Brenda Dunse (Brad Dunse plays music for us) bring their wool products to the Market to sell when the animals are visiting. www.lazyacreasllamas.com



The alpacas are raised by Sarah Balsler and Cheryl McManus on their Ohjoomas Alpaca Farm in Cannon Falls, Minnesota. They began their operation in 2003 and presently care for 22 animals. Alpaca wool has high insulation quality and is valuable for weaving and knitting garments. Sarah is a spinner and knitter, so her products are available occasionally at the Farmers Market. The farm is available for scheduled visits. www.aafmn.com

Friends of the Market

Thank you volunteers and Friends of the Market. You make our Farmers Market extraordinary! You make it possible to have music every Saturday, to demonstrate the crafts of bygone days, to bring animals for children to pet and cuddle, and to welcome new customers and visitors. We couldn't do it without you!



Aisenbrey, McBeath
Anderes
Boos
Brown
Brummer, Ekstrand
Chalmers
Davis, Tkachuk
Dean
Denzer
Downtown Mainstreet
Howe
Leveille
Lind
McDonald
Moen
Murphy
Nord
Olson
Otterness
Peterson
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Avis
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Dawn
Donald, Nancy
Amy
Anita
Brian, Joyce
Ron, JoAnn
Ruth
Gladys
Paul, Trudi
Richard, Nancy
Sharon
Red Wing
Pat
Guy, Judith
Terry

Vendors of the Market

Austin, Dupre	Diedre & Mark	Great River Greenhouses
Balsler	Sarah	Ahjoomas Alpaca Farm
Bennetsen	Eske & Audrey	River Road Honey Farm
Blattner	Dana	Dana's Bread
Blue	Maureen & John	Flower Valley Orchard
Bremer	Chuck	Bushel and Peck
Brooks	Nancy & Pete	Shady Lane Farm
Bystrom	Dean & Nancy	Bystrom Produce
Capatske	Dave & Krista	Capatske Cattle Company
DeMarce	Dennis	Dennis' Produce
Dondlinger	Lori	J & J Produce
Giesen	Randy	Clara's Comfort Foods
Hagen	Barry & Jill	Bob's Kettle Korn
Hinck	Delmar & Barb	Hincks Produce
Holden, Lufi	Blaize & Lynnea	Green Gardens
Johnson	Susan	Hawk's Brain Garlic
Kaufer	Steve & Cheryl	Hartland Prairie Farm
Kolberg	Darlene	Hay Creek Raspberries
Kong, Lo	Leng & Mai	Leng Gardens
Loftus	Eric	Eroc's BBQ
Lorence	David	Lorence's Berry Farm
Nesbitt-Miller	Leah	Nesbitt's Nursery
Overlander	Donald & Leanne	Bottled Emotions
Overlander	David & Carol	Overlander Organics
Pass	Scott & Therese	Perennial Outfitters
Passus	Lucie	LC Vegetable Garden, LLP
Peterson	Chuck & Karen	Heritage Organics
Peterson	Richard & Marie	Petersen Produce
Schurhammer	Kathleen	Schurhammer Farm
Smith	Joe M.	Thurston Hill Farm
Smith	Char	Char's Bars Handcrafted Soap, Lotion
Vang, Kue	Bao & Shua	Vang Gardens
Walders	Dick	Ewes Rule Farm

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For everyone involved in the Red Wing Farmers Market, we thank you!

