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Subject: Greenbelt Farmers Market News
Date: March 12, 2009 9:05:33 AM EDT
To: info@greenbeltfarmersmarket.org
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Greenbelt Farmers Market March 2009

Market Opens May 17 - MARK YOUR CALENDAR!

GREENBELT



FARMERS MARKET

The Greenbelt Farmers Market is an all volunteer 501(c)3 charitable organization supported by the city of Greenbelt, the Greenbelt Community Foundation, local businesses, and friends. Contributions to Greenbelt Farmers Market, Inc. are fully tax deductible.

In This Issue

[Survey Thank You](#)

[Calling all Volunteers](#)

[Welcome New Board Member](#)

[Pea & Potato Planting](#)

[Curried Cauliflower](#)

Quick Links

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Dear Greenbelt,

As the winter comes to a close and the crocuses and tulips make their spring appearances, the Greenbelt Farmers Market has been piecing together an even more comprehensive and bountiful group of market vendors than we had last year. GFM co-founder Kim Rush Lynch and volunteer Jenn Erickson deserve a standing ovation for cranking out dozens, maybe hundreds, of phone calls and emails to farmers and food producers in our region. Thanks to their diligence, we are anticipating more vendors and a wider variety of healthy, delicious food choices for Greenbelt every Sunday this coming market season.

During the month of March we will continue to receive applications from vendors, and expect to have a fairly final list of market participants by early April. We'll keep you posted! Here is what we have to date.



Several of last year's favorites will be returning, including Zeke's coffee and Simple Pleasures ice cream (so we've got two food groups covered right there!) We're also pleased that Pat Hochmuth will be joining us again with eastern shore vegetables and his fun variety of gourds and pumpkins. Stone Hearth Bakery will be back again to fill your bread and pastry needs. Thanksgiving Farms will be back with their big variety of fruits, vegetables, and plants; and Three Springs Orchards will again be bringing their stellar-quality fruits, butters, and some of their favorite specialty veggies as well.

Thanks for Your Input

Thank you to the hundreds of people who offered their suggestions through the market survey. Your input will be used in the coming months to improve the Greenbelt Farmers Market.

Calling All Volunteers

Have a special skill or talent or just interested in helping out? The Greenbelt Farmers Market has something for you. [Contact us](#) to become a part of your Farmers Market. If you don't have time to volunteer, but can help distribute post cards to local businesses or can post a few at work, let us know!



Won't be Long Now!

We're also excited to be establishing a relationship with a Virginia produce grower (which is a first for us), and even a local urban farm, which will bring herbs and plant starts to market.

Meanwhile, GFM educational programs coordinator Sheila Maffay-Tuthill has been working on a series of fun and enlightening market day activities for both children and adults. We'll bring you those specifics in a future newsletter.

We'd like to extend an enormous thank-you to Cary Coppock, a founding board member who has just stepped down from our board of directors. Cary's unwavering commitment to local agriculture and responsible farming practices was absolutely critical as we formulated our market guidelines and shaped the organization's philosophy. We offer our gratitude and best wishes to Cary, his wife and their new baby boy.

We are also delighted to welcome our newest board member, Josh Hamlin. You can read more about Josh elsewhere in this issue of our newsletter. The GFM board continues to be amazed at the quality and range of talented people that seem to show up just when we need them.

Have a beautiful, healthy spring! See you on May 17th.

Kim Kash
President, Greenbelt Farmers Market

Welcome New Board Member - Josh Hamlin

The Greenbelt Farmers Market board is thrilled to announce the appointment of Josh Hamlin to fill the unexpired term of the position vacated by Cary Coppock.

Josh Hamlin graduated from Eleanor Roosevelt High School in 1986. Vowing to "escape" Greenbelt, he moved to Largo, though he never quite managed to break Greenbelt's grasp. He worked at the Co-op Supermarket on weekends during college, and then full-time after graduating from St. Mary's College of Maryland with a BA Political Science.

During his nearly 10 years at Co-op, Josh worked as frozen food "manager" and natural food buyer, and somehow managed to survive law school. In 2000, He reluctantly left his friends at Co-op and began his legal career in Charles County, where he spent seven years before moving to his current job as an attorney for Prince George's County.

Read more about Josh and the other members of the Board of Directors on our website, greenbeltfarmersmarket.org.

Our friends from Calvert Farms (who also bring you the CSA) wished us to invite you to their spring Pea & Potato Planting Party

FRIDAY MARCH 20TH & SATURDAY MARCH 21ST.
THE VERNAL EQUINOX & 1ST DAY OF SPRING
10:30AM TIL 2:00PM

Please join us for a day of work & fun. Plan on wearing sturdy shoes. You may bring your own garden gloves & favorite hand tool. Be prepared to get dirty.

Covered dish lunch. Please bring a dish to share. Please make sure you have a card with all the ingredients listed. Label your dish with your name. We will provide soup, breads, beverages & condiments.

Children are welcome - you must keep them under your control at all times. Our terrain is not stroller friendly.
We have a heated shop, small bathroom & kitchen.

Tasks will include: planting peas, potatoes, beets, and carrots etc. Putting labels on the csa boxes. Maybe potting up tomato plants.

Please r.s.v.p. so we can plan the work & the food! Rsvp by email: farmer@calvertfarm.com with your name & number of people in your group. Meet at Roosevelt Center at 8:30 am on Saturday, March 21st if you're interested in carpooling

Please mapquest the address for the easiest directions for you from your starting point. [321 Chrome Road; Rising Sun, MD 21911](#)

Weather cancellation by 6:30a -day of event - msg. on answering machine - 410/658-3914

Recipe of the Week

Curried Cauliflower

Ingredients:

- 1 head cauliflower
- sea salt to taste
- 1 TBSP olive oil
- 1 med onion
- 1 TBSP curry powder
- 1 TBSP sugar (for a healthier option, use Rapadura, Sucanat or agave)
- 1 cup plain yogurt
- 1/2 cup sour cream
- 1/3 cup parsley
- nutmeg, cayene pepper, black pepper to taste

Directions:

1. Simmer/steam cauliflower, mash.
2. Saute olive oil, onions 5 min, add curry powder, sea salt, sweetener.
3. Add onion mixture to mashed cauliflower, stir in yogurt, sour cream and rest of seasonings, add parsley.
4. Serve with bread, crackers or corn chips.

Note: It's best to use organic and grass-fed dairy products.

We hope you enjoyed this issue of our newsletter. As always, please submit articles or

suggestions to info@greenbeltfarmersmarket.org or call us, 240.476.8769.

Sincerely,

Greenbelt Farmers Market

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