



Tacoma Farmers Market

The Market Fresh Messenger

May 2009

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It's Almost Time ...

Spring is Finally Here and Opening Day is Near at Hand

Broadway Market

Downtown between Ninth and 11th on Broadway
Thursdays, 9 a.m. to 2 p.m.
May 21 thru October 15

Sixth Avenue Market

Between Sixth and Seventh on North Pine
Tuesdays, 3:30 p.m. to 7:30 p.m.
June 2 thru September 29

Proctor Farmers Market

North 27th and Proctor
Saturdays, 9 a.m. to 2 p.m.
April 4 thru November 21



Fresh and in Season

What You Can Expect to Find at the Markets in May

IN SEASON PRODUCE

Vegetables

Asparagus
Radishes - red, daikon
Carrots - young, tender baby varieties
Lettuce - oakleaf, red leaf, butterhead, French crisp, merlot
Greens - mibuna, red mizuna, rapini, mustard spinach, Brussels sprout greens, komatsuna (similar to bok choy),

chrysanthemum leaves, sorrel, dandelion
Wild greens - watercress, wood sorrel, Miner's lettuce
Baby turnips
Green garlic
Garlic chives
Rhubarb
Herbs - parsley, mint, cilantro
Burdock root
Wild greens - watercress, wood sorrel, miner's lettuce

Flowers

Tulips, daffodils, hyacinths

FRESH EVERY DAY ...

Plant starts galore!

Vegetables

Beets - red, golden
Burdock root
Cabbage
Carrots
Cauliflower
Celery root
Chives, garlic chives
Garlic
Greens - rapini, spinach, mustards, collards, bok choy, arugula, mizuna, sorrel, dandelion, chrysanthemum leaves, Japanese bok choy, mustard spinach, mixed braising greens, spicy salad mix, sunflower sprouts
Raabs - cabbage, kale, Brussels sprouts
Kale - green, purple, red
Leeks
Lettuce - greenleaf, French crisp, butterhead
Potatoes - Rose Finn fingerling, new red, Austrian crescent, blue, Yukon gold, Cal-white, purple, Skagit Valley gold
Radishes - red, daikon
Rutabagas
Sunchokes - Jerusalem artichokes - all sizes and shapes
Turnips - baby varieties

Fruit

Apples - Fuji, Braeburn

Herbs

Parsley
Mint
Cilantro
Sage
Rosemary
Chives

Chowder to Attend Opening Day!

Cartoon Network Star Will Be At Broadway Market on May 21st

Bring the kiddos and see what their favorite aspiring-chef/cartoon star picks up at the market!

Mark Your Calendars

Regional Events Happening in May

May 7 - Raising Healthy Eaters Through Awesome Meals - Despite Life's Interruptions

7 p.m., Main Library, Tacoma

Join Cynthia Lair, local author, nutritionist, actress and host of "[Cookus Interruptus](#)," a humorous, online cooking show as she discusses how to prepare wholesome meals with fresh, local ingredients that actually make your family WANT to eat

their vegetables! Lair is a Certified Health and Nutrition Counselor who has been teaching whole foods cooking classes in New York City and Seattle since 1983. She has been a member of the nutrition faculty at Bastyr University since 1994 and is the author of "Feeding the Whole Family: Recipes for Babies, Young Children and Their Parents" and "Feeding the Young Athlete: Sports Nutrition Made Easy for Players and Parents." Book signing follows.

May 9 - Fresh & Simple - Just Add Kids!

3 p.m., Wheelock Library, Tacoma

Playing with dirt is a natural for kids, so why not encourage them to garden? Gardening with your children is fun and rewarding and often leads to lifelong, healthy eating habits. Join Lisa Lindholm, a horticulturalist, gardener and mom as she talks about strategies to get your kids happily involved in growing a backyard vegetable garden. She will discuss getting your entire family involved in garden planning and share tips on selecting vegetables that actually get kids excited about gardening - ones that have great color, form, flavor, and are just plain fun. She will share recipes that encourage kids to eat the vegetables they grow and provide lots of resources. Visit Lisa's [blog](#)!

May 9 - Wildcrafting at Swan Creek Park

10 a.m., Swan Creek Park, Tacoma

Certified Permaculture Instructor Kelda Miller of [Divine Earth Gardening Project](#), Wilderness Awareness-trained Mark Smythe, and Certified Permaculturist Tom McGuire, will lead the [wildcrafting](#) walk where you can learn to recognize various edible plants that grow wild in the South Sound area. For more information, call Kelda at 253.370.9946 or visit [sustainabletacomapierce.org](#). Cosponsored by Sustainable Tacoma-Pierce County, [Metro Parks](#) and [Tacoma Reads Together](#).

May 9, 16, 23, 30 - Master Gardeners' Weekly Summer Garden Talks

10 a.m., WSU Master Gardener Demo Garden, Puyallup

Free to the public and everyone is encouraged to attend. Arrive early, as parking may be limited.

May 9 - The New Square Foot Garden with Bill Rigby

Learn about the newest idea in gardening: square foot gardening and its advantages. It's user-friendly, you can locate it anywhere, it's economical, efficient, and you can grow twice as much in half the space.

May 16 - Annuals, Biennials, & Perennials with Deb Bronken

Learn the differences, how to grow them, and the way to use them in your garden for year round interest.

May 23 - Make Colorful Containers with Foliage Plants with Karen Hegarty

Karen will demonstrate how to make an interesting and colorful container by using different leaf shapes, colors, and textures.

May 30 - Growing Vegetables in Containers with Irene Reed

No matter how small your space, you can still grow your own vegetables!

May 14 - The Tacoma Reads Together Film Series Presents "Eat. Drink. Man. Woman."

7 p.m., Olympic Room, Main Library

Writer-director Ang Lee's 1994 Oscar nominated film tells a family story about a chef and his three daughters through the meals the chef prepares and serves his family. Master chef Chu discovers that no matter how dazzling and delicious his culinary creations might be, they're no match for the libidinous whims of his three beautiful but rebellious daughters. A master in the kitchen, Chu is at a loss when it comes to the ingredients of being a father. 2002 - 124 minutes. Cosponsored by the [Grand Cinema](#).

May 16 - Spring Shearing Days at Kaukiki Farm

Kuakiki Farm, Longbranch

If you missed the date in April, here's your chance! Kaukiki Farm on the Key Peninsula invites you to visit for Spring Shearing Days. Tour the farm, lend a hand with the shearing, bottle-feed the lambs, learn about life with sheep and leave with an authentic fleece. Fun for the entire family! The farm asks that you please book in advance, 253.884.3444.

May 16 - Read the Book. Taste the Recipes.

11 a.m., Proctor Farmers Market, Tacoma

Join us at the Proctor Farmers Market as local chefs cook and share recipes from Barbara Kingsolver's book "[Animal, Vegetable, Miracle: A Year of Food Life](#)."

May 16, 30 - Container Gardening: A 'Get Your Hands Dirty' Workshop

May 16 at 11 a.m., Swasey Library and 3 p.m., Kobetich Library and May 30 at 11 a.m., Wheelock Library and 3 p.m., Mottet Library

Container gardening allow you to enjoy vegetables and herbs in areas where a traditional garden is awkward or impossible. Even with limited space in an urban apartment, you can grow fruits, vegetables and herbs just about anywhere. Join us and make your own salad garden to take home with you. We will provide everything you need. Sponsored by [TAGRO](#) and [GrowLocalTacoma.com](#).

May 16 - A Backyard Vegetable Garden Primer

10 a.m. to 2 p.m., Main Library, Tacoma

What's more local than your own backyard? Learn the nuts and bolts (or seedlings and worms) of creating your own organic, raised-bed, backyard vegetable garden. Experts will take you through each step, from site preparation and bed building to plant choices, seasonal gardening, and more. Expect to leave with a 'what to do when' list that will get your gardening adventure off to a great start. Sponsored by [Washington State University Cooperative Extension](#) and the [Pierce Conservation District](#).

May 30 - Tour Wilcox Family Farm

10 a.m. to 4 p.m., Roy

[Wilcox Family Farm](#) is a 1,760-acre farm that was started in 1909 and features a one-room schoolhouse, antique farm machinery, and a car museum. Meet farm animals, learn how people lived and farmed in the early 1900s, and explore a vibrant contemporary commercial farm of today. Free guided bus tour and an omelet feed.

May 30 - Around the Kitchen Table: A Community Conversation About the Food We Eat

1 p.m., Kobetich Library, Tacoma

Food is an essential part of our lives with the power to take us back to a time, place and special moments. You are invited to join with us and share your stories about food. What family food traditions were you raised with? What new traditions are you creating with your own family? What treasured recipes can you not live without? Bring a special recipe to share with others.

[Send us](#) your local food/farm-related upcoming events!

New Vendors for 2009

They'll Have You Coming Back Week After Week

We're thrilled to be adding such a strong lineup of new growers, artisans and restaurateurs to this year's markets. From wild smoked salmon and handmade chocolates to sun-warmed blackberries and morning-fresh eggs, there's no end to the delights this group has in store for market-goers.

[Mt. Townsend Creamery](#) - Award-winning cheesemakers in Port Townsend.

[Willapa Hill Cheese](#) - According to TFM staffers, their blue cheese is the best you'll ever taste.

[Happy Mountain Farm](#) - Local, pasture-raised, grass-fed beef. You'll never go back to the "other" kind of beef.

[Fox Island Lavender](#) - All locally-grown, chemical- and pesticide-free. Featuring fresh-cut, landscaping and culinary varieties.

[Creviston Valley Farm](#) - 30+ vegetables, with pumpkins and corn their primary crops. They also sell jams, jellies and sauces.

[Hayton Farms](#) - Fresh strawberries, raspberries, blueberries and blackberries grown in the Skagit Valley.

[Sidhu Blueberry Farm](#) - Offering organic berries from blueberries to boysenberries and everything in between. They also grow vegetables.

[Oak Ridge Farm](#) - Come get your farm-fresh eggs! They also grow vegetables and herbs.

[Amy's Decadent Chocolates](#) - The elaborately decked, local, caramel-covered apples are a must-try!

[Grand Central Baking Company](#) - Featuring Washington-grown [Shepherd's Grain](#) in 100% of their breads and pastries by June '09. Delicious pastries too!

[Love Thyself Herbs](#) - For all your naturopathic remedial care.

[The Last Bite](#) - Makers of melt-in-your-mouth, true European-style pastries.

[Antique Sandwich Company](#) - The healthy way to lunch!

[Cap'n Mike's Holy Smoke](#) - These smoked salmon sandwiches are heavenly!

[Giggling Greek](#) - Oh, yes. Get your Gyros and fresh crepes.

[PF Roasting](#) - Hungry for a hearty, two-ton baked potato with all the trimmings? This \$5 menu will knock your socks off!

** More new artisans and growers will be on the scene this year - many working a market for the very first time - so look for fresh faces as you visit your favorite booths on market days!

The 2009 Puget Sound Fresh Farm Guide is Here

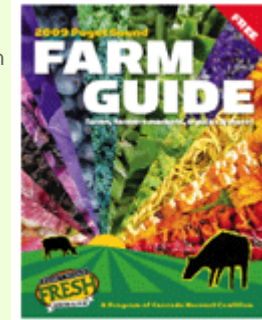
Find a CSA Near You With the Help of this Handy Local Reference

The Puget Sound Fresh Farm Guide, a free publication produced by Cascade Harvest Coalition is now available and ready to bring farm fresh goodness to your kitchen table.

"The only publication of its kind, the 36-page guide is packed from start to finish with resources and tools that make it easy for consumers to shop smart, fresh and local at more than 160 farms and farmers markets collectively, plus farm stands, farms, u-picks, and CSAs located within the 12 counties that touch Puget Sound."

- Mary Embleton and Sheryl Wisner

[Download](#) the PDF version of the guide or visit pugetsoundfresh.org. For more information about Cascade Harvest Coalition, visit cascadefarmcoalition.org.



Grim State Budget Protects Some Critical Programs for Kids

Severe cuts in other programs, rising need for services mean budget will hurt families

By Teresa Mosqueda and Ruth Schubert (ChildrensAlliance.org)

April 27, 2009-- In crafting the state's 2009 -11 budget, legislators made an effort to protect children from the worst of the budget cuts. But children live in families and communities that are facing harsh cuts in health care and other services. Children will suffer when their parents lose jobs, lose health insurance and can't make ends meet. In a time of growing poverty and growing need, the state budget falls short of giving children and families the support they need to get through the severe recession we now face.

"We appreciate that lawmakers protected children's health coverage and school meals-two programs that give low-income children and families a measure of stability in these tough times," said Paola Maranan, executive director of the Children's Alliance. "But the fact of the matter is you can't close a \$9 billion budget hole with cuts alone without hurting children and families. Cuts at these levels are not sustainable without causing further harm to struggling families in Washington state. We are disappointed that this legislative session ended with no new revenue."

The Children's Alliance is grateful the substantial infusion of federal funding from reauthorization of the Children's Health Insurance Program (CHIP) made it possible to continue the Apple Health for Kids program at a reduced cost to the state. And legislation passed this session streamlines enrollment, making Washington eligible for bonus funding through the federal CHIP program. Lawmakers ensured that kids in low-income families can get free meals at school by continuing to waive the co-pay for school for lunch in kindergarten through 3rd grade and breakfast for all grades and supporting summer meal programs that feed hungry kids when school is out.

At the same time, demand for safety net programs will grow as unemployment rises, further straining a system that isn't able to meet the need we have now. Over the next year, an estimated 40,000 new kids will drop into poverty, driving up the need for programs that help children and families.

The final budget cuts about 30 percent of the funding for home visiting programs that are proven to help vulnerable families nurture their children through tough times and reduce child abuse rates. The budget also cuts the rates paid to pediatricians, clinics and other providers, which could make it harder for children to get in to see a doctor.

The Early Childhood Education Assistance Program (ECEAP), the state program for low-income kids that is similar to Head Start, will be hit with a \$2.3 million cut that will eliminate an estimated 160 seats in ECEAP programs. This cut will drive up the 2,600-child waiting list, leaving low-income 3- and 4-year-olds without the early education that could have prepared them for kindergarten.

While the legislative session is over we must continue looking for ways to raise new revenue for the support families need during this severe recession.

"All of us in Washington state have to think about what we want for our children," Maranan said. "Are we satisfied with children who enter kindergarten already behind the curve? With rising child abuse rates? If that's not the kind of Washington we want to live in, we have to keep talking about how to raise revenue in an equitable and sustainable manner. We in Washington have done better than most states in ensuring that poor and low-income children have what they need. It's a legacy worth protecting. The end of the legislative session can not be the end of our efforts."

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*Click [here](#) to view press release on childrensalliance.org.

Time to Try Growing Your Own?

Learn the Tricks at the 2009 Master Gardener Summer Garden Talks

Workshops start at 10 a.m. in the Master Gardener Demo Garden at the Washington State University Research Center in Puyallup. Download the complete 2009 Master Gardener Summer Garden Talks schedule [here](#).

FOOD-RELATED TOPICS FROM THE SERIES

May 30 - "Growing Vegetables in Containers"

June 13 - "Growing Small Fruits in Small Yards"

June 20 - "Summer Pruning"

July 11 - "Cold Weather Vegetables"

August 1 - "Herbs: Harvesting and Preserving"



In 1973, WSU Extension agents started the first Master Gardener Program to keep up with the urban population's skyrocketing interest in horticulture. Extension personnel trained volunteers to become "Master Gardeners," to help spread expertise, up-to-date scientific research and their passion for gardening.

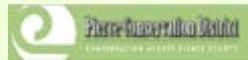
30+ years later, Master Gardener volunteers continue to assist WSU Extension educators in meeting crucial needs within the state and local communities. They address environmental and social priorities such as water conservation, reducing the impact of invasive species, and the opportunities for healthy living through gardening. Many WSU Master Gardener volunteers give public lectures and lead seminars and workshops, while others write articles and host radio and TV programs. Some make horticulture training as part of juvenile rehabilitation possible, while others provide enabling gardens and horticulture therapy for seniors. And they enhance their communities with beautiful demonstration gardens and tasty, healthy produce donations. Whatever the need, if it can be addressed through gardening, Master Gardeners are there to serve.

Today, most land-grant universities in the U.S. have adopted a Master Gardener Program similar to that of WSU.

The WSU Extension Master Gardener Program is open to everyone with an interest in gardening and a desire to make a positive impact on their local community. Contact your local Extension office for details on how to become involved in the Master Gardener Program.

WSU Kitsap County Extension Office, kitsap.wsu.edu
WSU Pierce County Extension Office, pierce.wsu.edu

WSU Thurston County Extension Office, thurston.wsu.edu



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