



# Tacoma Farmers Market

## The Market Fresh Messenger

October 2009

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**\*6th Ave Market extends season thru October, new hours of 2-6pm\***

### October Events

Local farm-and-food-related events

#### At the Markets - Last Month to Shop Downtown!

**Oct 13, 20, 27 6th Ave Farmers Market - Three Weeks Left!**

2 pm to 6 pm, [6th & Pine, Tacoma]

Come join the fun while it lasts...Just 3 weeks left! Live music and fresh goodness everyday.

**Oct 15 Broadway Market LAST DAY!!**

9 AM to 2 PM, [Downtown on Broadway & 11th]

Stock your pantry and start your holiday shopping with locally made gifts from Tacoma's fine artisans. Rolf just returned from his fishing trip...Get your holiday smoked salmon now! Josh Ott playing this week.

**Oct 3 - 31 Snohomish Festival of Pumpkins**

The month of October is the time to hit the fields of Snohomish County!

Throughout the month you'll find all sorts of special events, family days and Halloween fields of screams. For more information go

to [www.festivalofpumpkins.org](http://www.festivalofpumpkins.org)

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[Submit Your Event](#)

**Comfort Food Soothes Farmer in Need**

Tacoma, WA - Tuesday night's wind blew in a crowd of dedicated foodies to the 6th Avenue Farmers Market. There to support Chanetta Ludwig, AKA The Bee Lady, judge six soups from local leading café's AND partake in a silent auction. Masa took first place with a Roasted Corn and Poblano soup prepared by executive chef Joel Merten's. This blind tasting kept the crowd guessing and all proceeds went to The Bee Lady. The event raised approximately \$1,500 which will be increased by proceeds from Infinite Soups as they continue to serve the winning soup throughout the Fall Season in their two downtown locations.

What else was on the menu? Other participating café's included: Gateway to India with their Curried Pumpkin Soup (topped with a white magical drizzle and sprinkled with classic Indian spices), Babblin Babs Bistro with their Root Vegetable Soup (sprinkled with Asaggio cheese and green onions), Clam Chowder from E9, Curried Squash Soup topped with Romanesco Sauce from Merende; and Spicy Italian Meatball Soup from Old Milwaukee Café and Bakery.

Late Pacific Northwest sunshine illuminated the event but the chill kept the soup line moving. "How am I ever going to decide which soup to select," asked participant Jim Rich as he licked his lips to clear his palette before each delicious variety. It seemed that everyone was torn between such amazing soup entries but Masa took the lead after a late evening rush. All soups were made from Farmers Market ingredients and Infinite Soups performed a live soup cooking demonstration.

"Chanetta was vending honey at the 6th Avenue Market last month when she got the call about her husband's sudden death," shared Laura Edwards, Market Director, "we were so pleased to see her return to the market Tuesday night and see her surrounded by supporters who purchased unusually large amounts of honey. Chanetta was so grateful for this financial assistance in her time of grief as she continues to comfort her 7 children and run a Pierce County farm. She is a strong woman and this is just the type of 'leg up' that she needed right now."

## October Harvest List

In Season and Available Now

### **Puget Sound Region - Western Washington**

#### **Fruits, Nuts & Berries**

Apples  
Grapes  
Kiwi  
Melons  
Nuts  
Pears  
Quince  
Raspberries

#### **Herbs**

Basil  
Cilantro  
Parsley  
Rosemary  
Sage  
Thyme

#### **Vegetables**

Arichokes  
Shell beans  
Beets  
Brussels sprouts  
Cabbage  
Carrots  
Celery  
Chinese vegetables  
Sweet corn

Cucumbers  
Daikon  
Eggplant  
Garlic  
Greens  
Jerusalem artichokes  
Kohlrabi  
Leeks  
Lettuce  
Onions  
Parsnips  
Hot peppers  
Sweet peppers  
Potatoes  
Pumpkins  
Radishes  
Shallots  
Spinach  
Winter squash  
Tea leaves  
Tomatoes  
Turnips  
Zucchini

### **Meat & Eggs**

Eggs  
Pork  
Beef  
Lamb  
Chicken

\* Information courtesy of [PugetSoundFresh.com](http://PugetSoundFresh.com).

## **Center for Disease Control Action Guide**

### **Behavioral Indicators of Healthy People**

The national Healthy People 2010 fruit objective and vegetable objective are to increase the proportion of Americans aged at least 2 years consuming daily  $\geq 2$  servings of fruit to 75% and  $\geq 3$  servings of vegetables to 50%, respectively.

In this report, national progress towards the fruit objective, vegetable objective, and both fruit and vegetable objectives are assessed from the F&V survey items included as a 6-item frequency screener in the 2007 Behavioral Risk Factor Surveillance System (adults aged  $\geq 18$  years) and the 2007 Youth Risk Behavior Surveillance System (adolescents in grades 9-12).

### ***National Data Range Across States***

<i>72% of census tracts have healthier food retailers located within the tract or within 1/2 mile of tract boundaries</i>	<i>56 - 84%</i>
<i>1.7 farmers markets per 100,000 US residents</i>	<i>0.2 - 10.5</i>
<i>8% of farmers markets accept electronic benefits transfer (EBT)</i>	<i>0 - 50%</i>
<i>28% of farmers markets accept WIC Farmers Market Nutrition Program coupons</i>	<i>0 - 94%</i>

Want to learn more about policy action plans in your region? [Click Here](#)

## **Stock Up and Save**

*Home Food Preservation Resources*



[National Center for Home Food Preservation](#)

[WSU Extension: Food Safety](#)

[Penn State: Home Food Preservation](#)

[Canning Pantry](#)

## **Show Your Love**

Vote for TFM in Evening Magazine's Best of Western Washington.

[Vote Now!](#)

## **Become a Market Sponsor in 2010!**

*Align Yourself with an Organic Mission*

Enjoy the many benefits of becoming a market sponsor:

- Market Booth Exposure
- Logo on Farmers Market marketing materials
- Banner at market
- Logo on personalized merchandise
- Recognition in civic presentations
- and so much more!



Contact Laura Kelsay Edwards for more information at [Laura@TacomaFarmersMarket.com](mailto:Laura@TacomaFarmersMarket.com)

## **Tacoma Farmers Markets**

*Never Miss a Market Day!*

### **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

## **South Tacoma - Coming June 2010!!**

Washington & 56th



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Newsletter Editor: [Shyla Clark](#)

