



Tacoma Farmers Market

The Market Fresh Messenger

August 2009

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Local Chefs Compete, Top Chef Emcees

Bravo TV & Click Cable Cooking Challenge

On September 10, get ready for an Iron Chef-/Top Chef -style competition supported by Click Cable and the Bravo channel. A chef made famous on Bravo TV will emcee the event and local amateur chefs can compete to win big prizes. Details from Click will be available very soon!

Controversial Food Safety Act

House Bill HR2749 Draws Local Concern

July 28, 2009 -- Tahoma Food Policy Coalition

There have been several calls to action for folks to ask Congress to Defeat House Bill HR 2749 because of the impacts it could have on smaller scale, diversified operations... and well everything.

Word on the street is that if you have concerns on this bill, call our WA rep [Jay Inslee](#), as he is supposedly on the committee considering this bill.

Here is a compilation of the emails and links explaining this proposed legislation in more detail and alternatives such as supporting the Farr-Kaptur amendment to the bill...

Info on Bill: govtrack.us

Food Safety Enhancement Act will be voted on... by Jill Richardson: avidalocavore.org

Farm-to-Consumer Legal Defense Fund: ftcdf.org

The Farr-Kaptur amendment details... by Jill Richardson: avidalocavore.org

Artisan Cheese from Pugs Leap Farm May Disappear if Food Safety Bill Passes ... by Pascal Destandau. Read the whole article [here](#).

Farmland Preservation Update

Puget Sound Organizations Successfully Save Farms

07/14/2009 -- KUOW: Local Farmland Preservation Makes Slow Progress
Featuring Dan & Kim Hulse ([PCC Farmland Trust Project](#)) and [Puget Sound Meat Producers Coop](#).

Efforts to preserve farmers and farmland around Puget Sound move slowly, but they are bearing fruit. Two groups recently celebrated small victories that they hope will keep local farmers on the land, and local food in markets and restaurants....

Read more at: kuow.org

Fresh for August

What's In Season and Available Now

Puget Sound Region - Western Washington

Fruits, Nuts & Berries

Apples
Blackberries
Boysenberries
Red currants
Black currants
Figs
Gooseberries
Grapes
Loganberries
Marionberries
Pears
Pears, Asian
Plums
Prunes
Raspberries
Raspberries, Fall
Blueberries
Strawberries, Everbearing
Tayberries

Herbs

Chives
Basil
Cilantro
Parsley
Rosemary
Sage
Tarragon
Thyme

Vegetables

Green beans
Wax beans
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Chinese vegetables
Corn, Sweet
Cucumbers
Daikon
Eggplant
Garlic
Garlic, Elephant
Greens
Kohlrabi
Jerusalem artichokes
Lettuce
Onions
Peppers, Hot
Peppers, Sweet
Potatoes
Radishes
Spinach
Summer squash
Tea leaves
Tomatoes

Turnips
Zucchini

Meat & Eggs

Eggs
Pork
Beef
Lamb
Chicken

*Information courtesy of PugetSoundFresh.com.

Hard Cider Making & Orchardring *Find Out What it Takes to Produce a Quality Cider*

Join WSU Tree Fruit Specialist Gary Moulton, Saturday, August 22, from 10 a.m. to 2 p.m. at Ed's Apples in Sultan and find out what it takes to grow and maintain your own orchard and get a broad overview of the cider-making process.

At the workshop, you'll learn the steps necessary to create a quality hard cider product, a rapidly-growing small farm product niche. WSU Tree Fruit Specialist Gary Moulton will present an in-depth overview of the topic, including varietal selection, growing and harvest information, as well as an informal look at the production steps from raw fruit to finished bottle.

Cost is \$65 per person (\$55 before August 12). Pre-registration required. Box lunch included.

To register download a form [here](#) and mail with your check to:

Kate Halstead
WSU Snohomish County Extension
600 - 128th St SE
Everett, WA 98208-6353

Or contact Karie Christensen at 425.357.6039 or klchristen@cahnrs.wsu.edu.

Ed's Apples is located at 13420 339th Ave SE, Sultan, just off SR 2.

Grant to Restore Bee Habitat Near Farms *Goal is to Reverse the Decline in Crop Pollinating Insects*

From "Grant Aims to Restore Bee Habitat Near Farms: Goal is to reverse a worrisome decline in insects needed for crop pollination" by Jeff Barnard

July 16, 2009 -- The Associated Press

GRANTS PASS -- With populations of bumblebees and other native insects that pollinate crops crashing around the country, scientists are working on the best ways to restore natural habitat around intensively cultivated farmland.

The Xerces Society, based in Portland, announced Wednesday that it has received \$458,000 from the Natural Resources Conservation Service to do some of the work.

Part of the money will go toward tracking how pollination improves on farmland around Davis, Calif., where farmers have established milelong hedgerows designed specifically to provide food and shelter for pollinators such as bumblebees and insects such as ladybugs, which prey on pests.

The rest will be spent on working with universities and agricultural organizations to develop local combinations of trees, shrubs and plants that can be applied around the country to make life better for beneficial insects.

"If you provide the habitat, what we see is these animals will come and will help farmers," said Scott Hoffman Black, executive director of the Xerces Society. For the full story visit registerguard.com.

See also: [Farmscaping for Beneficials](#)

Be A Farm Chef Intern *Nash's Organic Produce Seeks Farm Chef Intern*

Kia Armstrong -- Sequim, WA

Nash's Organic Produce is now accepting applications for their newly formed Farm Chef Internship position. The six month to one year full-time position provides an opportunity for an individual in the food/restaurant industry to become integrated into a 400 acre sustainable organic farm. The Farm Chef Intern will work on field crews, assist with animal husbandry,

interact with the public at farmers market and special events, host cooking demos, contribute to the farm's consumer education resources and become an integral part of the Olympic Peninsula's thriving sustainable food system.

Mike Shethar of the Culinary Institute of America (CIA) was the first Chef from the prestigious culinary school to complete his internship at a farm instead of in a restaurant or food service establishment, and has helped develop the program's future at the farm.

"Working on the farm for eight months has totally changed my relationship to cooking. It has been an amazing experience to work side by side with farmers and learn first-hand where food really comes from.

"I will carry this experience with me for the rest of my life", shared Shethar.

Nash's is excited to extend the program into the future and seeks a chef to replace Shethar, who will be moving back to his home in Colorado at the end of August. Nash's is looking for a highly motivated person who has cooking experience, an interest in farming and most of all, a passion for learning about sustainable food production from the ground up. A prime place to explore the world of food, Nash's has been thriving for over 30 years and is well known throughout the North West for their efforts to save farmland, train future farmers and grow over a hundred varieties of vegetable, fruit, grain and seed crops, year round.

Interested applications should visit nashsorganicproduce.com for more details, including the complete Farm Chef Internship Job Description and Application. Resumes, letters of intention and completed applications should be submitted by **August 15th** and sent to: Nash's Organic Produce c/o Kia Armstrong, 1865 East Anderson Road, Sequim, WA 98382 or kia@nashsorganicproduce.com.

Tacoma Farmers Markets

Never Miss a Market Day!

Broadway Market

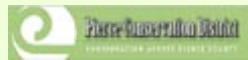
Downtown between Ninth and 11th on Broadway
Thursdays, 9 a.m. to 2 p.m.
May 21 thru October 15

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

Proctor Farmers Market

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



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Newsletter Editor: [Shyla Clark](#)

