

Tacoma Farmers Market

Tacoma Farmers Market Messenger

May 2010 Edition

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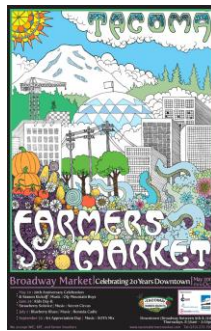
Community Events Calendar

5/18/10 (10:30 am):
WSU's Farmer Acre Re-evaluation Program (see article in this newsletter for more info)

5/27/10 (6:30 PM): Holistic Moms Network Montly

Dear Laura,

The sun is out, the birds are chirping, and it's time to support our local farms and businesses!! The saying is true about April flowers bringing May flowers because the Broadway Market is going to be filled with them for you to smell and buy.



Broadway Market opens this Thursday May 20, 2010 (8:30am-2pm)! It's located in downtown Tacoma at 9th and Broadway.

6th Ave Opens June 1st!!

South Tacoma, Starts June 20...join our Fathers Day Fun Run at South Park.

For a complete list of markets in our area, check out this [PDF file](#).

Happy May to all the Wonderful Mothers out there!

Here's a short story for all of you Mothers, Grandmothers, and Mothers to be someday:

Waking up to a yard spilling over with sunshine was just the ticket for this Mom on Mother's Day. Oh how I love to start the day with a warm stroll through my garden. To watch the progress of the seeds I carried over from last season. The one's I carefully cultivated and then planted into the ground a month or more ago. Now they reward me with 12" long sugar snap pea vines, broccoli starts, Kale, purple garlic, shallots and much more. My strawberries sure jumped to attention this past couple of weeks as the sun showered its warmth on them. I even found, beneath my frost protecting plastic, a small green tomato on one of my early girl plants. I have already begun harvesting large bunches of green onions for my favorite salads and stir fry dishes. Oh, I

Meeting with Hannah Aovagi speaking on Children's Environmental Health

6/8/10 (7 pm): Interview with Author Ben Hewitt about his book *"The Town That Food Saved: How One Community Found Vitality in Local Food"*. Located at Tom Douglas' Palace Ballroom

6/20/10 (8am): Fun Run to help kick off S. Tac. Market

12/4/10-12/5/10: UW/WSU "Cultivating Community Food Security: Recent Research in Urban/Rural Food Systems" conference

Community Ag Classifieds:

Scientific Assistant in Spring Wheat Breeding at Washington State University, Pullman WA

For application information, please go to www.wsujobs.com and search postings for full time positions in "03 Crop & Soil Sciences".

The Institute for Community Leadership seeks Interns to coordinate the South King County garden and youth and family work. Please send resume and brief cover letter to

cannot wait to augment my menu next week with the bounty I am sure to discover at the opening of the Broadway Farmers Market!

Overflowing with love for my other Mother, Mother Earth, I became entranced by the delicate dance of the new rush of bees to my garden. They seemed late this year. But here they are, back in seemingly good numbers, to my great relief. Mesmerized by their unselfish gift to us, I watched each bee hurriedly - as if knowing they are late this year - move from flower to flower in their pollination catch-up. I felt enormously thankful to these bees and made the decision then and there to do what I could to help this fine little species.

Rather than exude regret and disperse fear, I have always felt that more powerful healing energy comes from powerful, healing people. People who come from a place of solution and creativity. Do you consider yourself one of these people? Then you might be interested to know about a new little club we'll be hosting regularly at the Broadway Farmers Market, 9am, on the 1st Thursday of every month. Converse and become inspired by like-minded people who are taking steps to preserve the natural goodness and natural genetic diversity that we were all gifted with upon our arrival on this planet. Find out how your little deeds can make a world of difference and join this collective action. Until then, visualize a planet healed by the love each of you embed in your garden every year and know that your creative thoughts produce results. Big results!!

Written by Laura Kelsay Edwards, TFM Director



Vanishing Bees

As you all may be aware there is a shortage of bees due to various reasons. Check out this insightful video:

<http://www.vanishingbees.com/B/Trailer.html>

Wanted - Market Volunteers!

TFM has successfully operated for 20 years with the amazing support of our community volunteers. If you would like to fuel support for Tacoma's local food movement - we'd love to hear from you! [Check out our website](#) for more information or contact assistant@tacomafarmersmarket.com



Rodeo Barn was a Hit

Thank you to everyone who attended the Rodeo Barn Dance

Nyla@icleadership.org
or fax at 425 671 0998

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last weekend. It was a wonderful party! There was great food, the [Oly Moutain Boys](#) were rocking, the silent auction was suspenseful, and it was just plain fun. It was wonderful to have so much support for our markets

Farmers Have Another Opportunity to Evaluate Acre Program

In 2009, farmers throughout the nation had an opportunity to transfer some of their traditional government crop support payment to a type of revenue insurance called the ACRE Program (Average Crop Revenue Election Program). To assist them in re-evaluating participation in the ACRE Program, Tom Platt announces two workshops, one in Ritzville on Monday, May 10 and a second in Davenport on Tuesday, May 18. The workshops run from 10:30 a.m. to noon. In Ritzville, it will be held at the Washington Association of Wheatgrowers at 109 East 1st Avenue, and in Davenport it will be held at Lincoln County Public Works at 27234 State Route 25 North.

For more info. contact Tom Platt, 509-725-4171, plattom@wsu.edu.

Cheryl the Pig Lady is in the News

Check out this video, [Click Here](#), of Cheryl the Pig Lady on Local KCTS-9.

Food Inflation Spiraling Out of Control

According to [PR Newswire](#) food prices are rises to all time records. One of the results of these high prices is the 22.4% increase of food stamp use.



This kind of news reiterates why Farmers Markets are so key in our communities. The food is less expensive because it doesn't travel as far. [Farmers Markets](#) are also great because they provide food for everying by accepting food stamps at all of our Tacoma Farmers Markets.

Research links pesticides with ADHD in children

New research has indicated that children with ADHD have higher levels of pesticides in their systems, which are commonly used on fruits and vegetables. This is another reason to support local farms by attending the Farmers Markets. You know the source of the food and can make better decisions on what you put in you and your families

body.

[Read the Full Article!](#)

Enjoy the weather and don't forget to stop to smell the flowers at the re-opening of the Broadway Market Thursday at 8:30am.

Sincerely,

A Tacoma Farmers Market Volunteer
(Kristine Strange)



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