



[Bedfordmarket.org](http://Bedfordmarket.org)

#### Volunteers:

Founder and President -  
Susan Grieb

Co-Founders -  
Barbara Purchia,  
Moira Sarson

Market Managers -  
Susan Grieb,  
Barbara Purchia,  
Moira Sarson

Clerk and Bedford Food  
Pantry Liaison -  
Barbara Purchia

Treasurer –  
Moira Sarson

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Ship Coordinator -  
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Cindy Haynes

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Community Table  
Coordinator -  
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# The Bedford Farmers' Market Newsletter

Volume 1, Issue 8

September 15 – 22, 2008

## Dear BFM

### What is Organic Farming?

Organic production is based on a system of farming that maintains and replenishes soil fertility without the use of toxic and persistent pesticides and fertilizers. Organically grown grains, vegetables or fruits were grown without the use of commercial fertilizers and synthetic pesticides. Organic meat, milk and eggs mean that the poultry and livestock were fed organically grown crops and that no growth hormones or antibiotics were used.

The US Department of Agriculture (USDA) has a program, the National Organic Program (NOP), that develops, implements, and administers national production, handling, and labeling standards for organic agricultural products. Farmers must follow a very, rigorous process and a set of standards to receive organic certification. These standards state that:

- No conventional pesticides, artificial fertilizers, or harmful chemicals have been applied for at least 3 years
- Ecologically friendly methods and substances must be used improve soil conditions and control pests
- The farmer has annual certification inspections by an organization that is accredited by USDA
- Detailed records must be kept of practices

### How can I tell if the produce at the BFM was grown organically?

All organic farmers are certified and **must display their certification**. If you don't see the certification, the farmer is not organic. At the BFM, vendors must display proof of certification if they are calling or labeling their produce "Certified Organic."

### Does organic food cost more?

Organic produce and organic food tend to cost more than conventional produce. It can be priced up to 20 – 25 percent higher. Some reasons organic produce often costs more are:

- Since organic farmers don't use chemicals like synthetic pesticides and fertilizers, their crops may yield less harvest than conventional crops. To make up for this crop yield loss, they may sell their product at a higher price
- Organic production is often more labor-intensive than conventional farming, as growers are required to meet strict criteria
- Many organic farms are small and cannot buy supplies, equipment and other resources in volume

Ask any market related questions and BFM will try to answer them. Send your questions to: [bspurchia@aol.com](mailto:bspurchia@aol.com) using "Ask BFM" as the subject.

**The BFM is going to be at Bedford Day. Stop by the Bedford Farmers' Market booth on Bedford Day, September 20. We'll have a special on BFM T-shirts and bags and a drawing for a free BFM shopping bag.**

**We would like  
to thank our  
sponsors:**



**Dr. Dianne  
Bridgeman**

**Carlton-Willard  
Village  
Resident's  
Association**

**Ken Larson**

## **AT THE MARKET MONDAY, SEPTEMBER 15**

### **Artist Table:**

Phyllis Smith and Beth Harvey - 18" and 15" Doll clothes and accessories

### **Community Table:**

Bedford Woman's Community Club

### **Entertainment:**

3:00pm - Bill Harmin, keyboard & Carol Bernhard, vocals

3:00pm - Jeb Brack "That Old Brack Magic"

[CHECK OUT LAST WEEK'S MARKET PHOTOS](#)

**Win a FREE BFM shopping bag filled with fresh market products by entering the Bedford Farmers' Market drawing**

**Pick up your ticket at the Manager's Table**



Congratulations to our September 8<sup>th</sup> winner, Padience Nwodoh

## **Recipe of the Week: Baked Apples with Granola Filling**

**Servings: 4**

### **Ingredients**

4 large apples  
Any flavor granola from Golden Girl Granola  
1/2 cup orange juice  
1/4 cup honey  
Vanilla yogurt

### **Instructions**

1. Preheat oven to 350°
2. Wash and core apples, then remove thin slice from top.
3. Spray 8 by 8 inch cooking pan with non-stick spray.
4. Fill empty apple centers with granola and top with a rounded mound of granola.
5. Pour orange juice in bottom of pan.
6. Drizzle granola with honey.
7. Bake 30 minutes, basting periodically with orange juice.
8. Spoon apples and juice into bowls, then top with vanilla yogurt and serve.

### **Comments**

- Golden Girl Granola features a number of different granolas, for more information visit: <http://www.goldengirlgranola.com/granola.html>
- This recipe makes a delicious fall dessert, or a terrific brunch dish.

**WORK FIVE SHIFTS ON MARKET DAY AND GET YOUR CHOICE OF A  
FREE BFM T-SHIRT OR BFM SHOPPING BAG. SIGN UP AT  
<http://www.bedfordmarket.org/volunteer.php>**