



The Bedford Farmers' Market Newsletter

Volume 1, Issue 9

September 29 – October 6, 2008

THE OMNIVORE'S DELIGHT

With thanks and appreciation to the Massachusetts Department of Agricultural Resources, www.mass.gov/massgrown, here are their

10 Good Reasons to Buy Locally Grown

1. Locally grown food tastes and looks better.

Crops marketed close to home are picked at their peak and usually sold within 24 hours of harvesting. Food imported from far away must travel on trucks or planes and then it is stored in warehouses.

2. Local food supports local families.

The wholesale prices that farmers get for their products are usually very low, sometimes not more than the cost of producing them. Local farmers who sell directly to consumers cut out the middleman and can get full retail price for their food—which helps farm families be able to afford to continue farming their land.

3. Local food builds trust.

With all the issues related to food safety and homeland security, there's an assurance that comes from looking a farmer in the eye at the farmers' market, or driving by the fields where your food comes from.

4. Local food builds community.

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5. Local food preserves open space.

When farmers get paid more for their products from nearby shoppers, they're less likely to sell farmland for development.

6. Local food keeps taxes down.

According to several studies, farms contribute more in taxes than they require in services, whereas most residential development contributes less in taxes than the cost of required services

7. Local food benefits the environment and wildlife.

Massachusetts farmers are leaders in the use of environmentally sound growing practices. Our farms encompass a patchwork of fields, meadows, woods, streams, and ponds that provide essential habitat for wildlife.

8. Local food makes a lighter carbon footprint.

On average our food travels 1,500 miles from farm to plate. Moreover, each calorie of food produced requires an average of 10 calories of fossil-fuel inputs from travel, refrigeration and processing. Purchasing locally-grown food is a simple way to address the increasing expense of fossil fuels and the adverse effects of global warming from increased carbon emissions.

9. Local food preserves genetic diversity.

In industrial agriculture, plants are bred for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there are only a few varieties in large-scale production. This leaves our food supply vulnerable to disease or disaster. Smaller local farms, in contrast, often grow many different varieties to provide a longer season, an array of colors, and the best flavors.

10. Local food is an investment in our future.

When you buy locally grown food, you're helping to preserve the strength and character of our community for our children and grandchildren.

A big thanks to
our sponsors:



Dr. Dianne
Bridgeman

Carlton-Willard
Village
Resident's
Association

Ken Larson



Mary Pequeno, our Bedford day winner, and Tina Langone, last week's winner

We've had 7 lucky and very happy winners of BFM Shopping bags filled with fresh market products!!

Will you be the next winner?

Stop by the Manager's Table to enter the drawing

AT THE MARKET MONDAY, SEPTEMBER 29

Artist Table:

Louise Cady of the Hole Thing, whimsical, one-of-a-kind felted wool sweaters and accessories

Karen Peralta - Jewelry

Community Table:

Bedford Trails Group and Bedford Conservation Land Stewards

Entertainment:

3:00pm Bill Harmin, keyboard, and Carol Bernhard, vocals

4:00pm Mark Hasting - Keyboard

PUMPKIN FESTIVAL ON MONDAY, OCTOBER 6

Fresh fall fruits and vegetables, baked goods, delectable market products, music, Karate demos, and much more. Decorate a pumpkin, squash, potato, carrot or your favorite fruit or vegetable. Children and adults welcome!! We'll supply the decorations; you supply the pumpkin or fruit or vegetable of your creative desire.

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

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>

RECIPE OF THE WEEK: Braised Onions

Servings: 4

Ingredients:

1 lb. boiling onions (Tropea onions from Old Forge Farm)
2 tablespoons butter or olive oil
2 small bay leaves
2 thyme sprigs
2 teaspoons sugar
Salt and freshly ground pepper, to taste
1/2 cup dry white wine or vermouth

Instructions:

1. Remove outer skins of onions.
2. Heat butter until melted, add bay leaves, thyme, onions and sugar.
3. Cook ingredients, stirring occasionally, over medium heat for 10-15 minutes. Onions should be lightly browned.
4. Add salt and pepper to taste, and then add wine.
5. Bring mixture to a boil, lower heat and cover. Simmer 15-20 minutes, until the onions are tender. Check periodically and if the pan is dry, add a few tablespoons of water.
6. Remove lid, reduce remaining juices until they achieve the consistency of a thickened glaze.

Comments:

This recipe was provided by Emily Pruyn, it originally came from Vegetarian Cooking for Everyone, by Deborah Madison. The recipe has been adapted for the BFM.

Emily raved about these Tropea onions, which are summer onions and do not store well. She encourages everyone to try them.