

...*Summer Farm Tour, continued from page 1*

land than just keeping things barely alive. Despite the rough start and poor soils, his farm thrives today. Crops that have to struggle often reward us with other circumstances. At this time of year Didar's

We ambled up and down a few more rows until it was obvious that no one was concentrating on anything but getting in Didar's pool. Walking the gentle hill back to the house, my brain felt as though it were beginning to melt.

Third Stop: Riverdog Farm, 110° F

Using our puckered brains for guidance, we managed Campbell, co-owner of the farm, greeted us with a smile and led us to the shade of a large packinghouse.

We gathered in the packing area, surrounded by pallets piled with CSA boxes and veggies destined for Bay Area outlets. We learned about Riverdog's three walk-in coolers, each kept at a different temperature to meet the needs of particular crops, and saw an impressive array of walkie-talkies for seemed a testament to the farm's size. Riverdog Farm has been selling at the Berkeley Farmers' Markets for over 10 years, during which time they have grown from only few acres to over 200 acres. In addition to producing a diverse array of organic fruits and veggies, Riverdog recently ventured into pastured egg production.

Trini led us to a different room in the packinghouse to check out their new egg-cleaning machine. Without this device, each of the hundreds of eggs that they collect from their mobile coops every day would have to be cleaned by hand. We fed a dozen fresh eggs into the machine and watched as they emerged glistening clean on the conveyer belt. Trini told us about the chickens that rotate around the farm, adding pest control, fertilizer, and producing about the yummiest eggs to be found.

cast by their coops, pecking the ground in search of tasty morsels. We were surprised to learn that hens instinctively go to the individual boxes in their coops to lay their eggs instead of settling down to lay just anywhere. I was happy for these chickens, but convinced that the plume of smoke on the horizon was getting larger. Walking back to the shed, spontaneous combustion came to mind.

Eventually my brain became so shriveled it fell out of my head. I managed to pick it up and put it in a zippered pocket, and as we drove home it began plumping up with fresh water and air conditioning. When we got back to Berkeley it was at least 45 degrees cooler than our last stop.

With a new perspective on summer farming I wonder: How do they do it? Capay Valley farmers deal with extreme heat during the summer, followed by bitter frosts during the winter. These folks deserve our support!

Go. Shop your local farmers' market. Eat. Repeat.

Dylan Cardiff blogs at:

<http://sourdoughmonkeywrangler.blogspot.com/>

Sauteed Fennel

*Recipe and illustration by Andrea Willems,
Berkeley Farmers' Markets Assistant Manager*

2 fennel bulbs (shredded)

1 T oil

1 t ginger (shredded)

Salt

Sautee fennel over medium heat for 5 minutes or until translucent.

Add

ginger and continue to cook until the fennel is golden brown. Add salt to taste. Enjoy!

The Race to Zero Waste

By Berkeley Farmers' Market volunteer Sage Dilts

Many of you may remember when composting first became an option at the Berkeley Farmer's Market. When green bins were added to the trash and recycling options, market goers had a new opportunity to keep food waste and paper products out of the landfill. While composting considerably reduced the amount of landfill-bound waste discarded at the markets, there was still a significant amount of trash generated at market and then thrown away at home – most notably, plastic bags.

Though many shoppers have been bringing reusable containers to the farmers' market for many years, demand among consumers for single-use bags remains high enough that farmers feel obligated to provide them. In fact, shoppers at the Berkeley markets go through thousands of single-use bags every year. In an effort to further curb landfill-bound waste, the Ecology Center has made the markets into Zero Waste Zones. This means that plastic bags and plastic flatware have been eliminated and that market management is working with vendors to phase out as much plastic packaging as possible. A grant from Stopwaste.org allowed the markets to subsidize the cost of the compostable bags that vendors now use.

As of April 25, 2009, the Berkeley Farmer's Markets have only had two bins for waste – blue and green for recycling and compost. Without black trash bins, all waste from the farmers' markets will go back into something else; either into another recyclable product or into compost for your garden.

According to Farmers' Market Program Manager Ben Feldman, the process of phasing out plastics began even before the April 25th roll out of the Zero Waste campaign. In fact, 75% of market waste was already being diverted from the landfill. That fact alone is something market goers should be proud of. The black bins were really only getting filled with a few things: trash from outside the markets, plastic bags, plastic utensils, and plastic lids for hot drinks.

Within the last few months, a good biodegradable alternative to plastic lids has finally become available. Hopefully, with the support of consumers and businesses, it will begin to be used more widely. One of the many exciting things about the Zero Waste Campaign is that it generates increased demand for



new biodegradable products, which often have a hard time competing with their unrealistically cheap plastic counterparts in the marketplace. The replacement of plastics with more sustainable disposable products is a positive step towards Zero Waste but it is by no means the end goal. The Berkeley Farmer's Markets would like to eventually be a place where nothing is viewed as "disposable" and the status quo is to reuse.

As for trash from outside the markets, you'll have to take a cue from any wilderness experience and pack that out. Campers know how important it is to be aware of waste in the woods. But what if we had a similar ethic with the urban spaces in which we spend most of our time? Hopefully the process of packing it in and packing it out of the markets will be an additional opportunity for us to learn and take note of what it is that we waste, and encourage us to limit the amount of waste we generate in the first place.

Ben explains, "The idea behind Zero Waste is about education, reminding people that when they drop something in a bin, it doesn't just disappear, it has impacts along the line, and those impacts vary depending on which bin is used. This is really about thinking up-stream in terms of waste and being clear about the energy and materials that go into products. The new change still has a lot of stuff ending up in a bin; the best thing would be to have no bins, and to take every effort to reuse what we have, every time."

The Berkeley Farmers' Market efforts to go Zero Waste would not be possible without the wonderful support of farmers and consumers. Together, our efforts represent meaningful progress on the issue of garbage in the world. Zero Waste is now one more thing from the farmers' market we can be proud to take home, digest, and make a part of our daily lives.

Persimmon Bruschetta

*Recipe from Ben Feldman,
Berkeley Farmers' Markets Program Manager*

4 medium Fuyu persimmons
8-10 large basil leaves
1 baguette
1 clove garlic
Olive oil
Vinegar
Salt
Pepper

Slice the baguette to create 1/2-inch round pieces. Slice the garlic clove in half and rub it on the bread slices, then brush the bread with the oil. Bake the bread on a baking sheet until the slices are crunchy. Peel the persimmons and cut into small cubes. Chop the basil and mix with the persimmons. Add enough olive oil to coat the persimmons, then add a splash of vinegar and salt and pepper to taste. Mix well and spoon onto the baked bread slices.

Beet Salad Surprise

*Recipe from Mary Vance, Certified Nutrition
Consultant & Associate Publisher for
Terrain magazine*

2 baby beets or 1 large red beet
1-2 carrots
1 apple, Pink Lady or Fuji
1/4 c chopped walnuts (pecans or
almond slivers are good variations)
2-3 T shredded coconut meat
1-2 t extra virgin olive oil
1/8 c raisins (optional)

Grate beets, carrots, and apple into a large bowl. Toss with olive oil. Sprinkle nuts and shredded coconut over the mixture, and toss all ingredients together. Adjust to taste. Garnish with a pinch of nuts and coconut before serving. Raisins make a great optional topping that kids love! Makes four 1/2-cup servings. For more of Mary's recipes, please visit www.maryvancenc.com.

Autumn Butternut Squash Soup

*Recipe from Mary Vance,
Certified Nutrition Consultant &
Associate Publisher for Terrain magazine*

1 sweet onion, chopped
2 ribs celery
2 carrots
1 large butternut squash, peeled,
seeded and sliced
1 large green apple
2 t ghee or coconut oil
3 cups vegetable or chicken broth (less
for thicker soup)

In a large saucepan, melt ghee or coconut oil and add onion, carrot and celery. Cook 5-10 minutes, until onions are slightly caramelized (add broth to prevent sticking if necessary). Add squash, apples and broth, and cook until tender, about 15-20 minutes. Add spices to taste: salt, pepper, cinnamon, nutmeg, and ginger. Pour into blender and puree until smooth. Top with yogurt or toasted nuts if desired. For more of Mary's recipes, please visit www.maryvancenc.com.



*Illustration by Andrea Willems, Berkeley Farmers'
Markets Assistant Manager.*

Poached Pears in Vanilla Syrup

*Recipe and illustration by Andrea Willems,
Berkeley Farmers' Markets Assistant Manager*

4 to 6 ripe pears
1.5 cups sugar
Lemon zest
1 vanilla bean

Bring 1 quart water to a boil with sugar, vanilla bean, and lemon zest to taste. Stir to dissolve the sugar, then lower the heat and simmer. Peel, halve and core the pears, then add them to the syrup. Cook the pears gently in the syrup for 20-40 minutes. Serve with the syrup drizzled over the pears. Enjoy!



New Market Vendors!

Moonlite Bakery brings artisanal baked goods to you at the Saturday Berkeley Farmers' Market. From the local bounty of organic fruits and vegetables, and other goods like butter from Spring Hill Creamery and chevre from Redwood Hill, baker Shirley Trimble creates an array of delicious treats. "It is my pleasure to connect with you at the market and share my passion for baking." – *Shirley Trimble*

Alive! takes healthful dining to a sophisticated new level, specializing in raw, animal-free cuisine using the freshest and highest-quality local produce. Clean, lively favors are the hallmark of this distinctive cuisine. All raw dishes are prepared without being heated above 118 degrees to preserve optimal nutritional value and promote healthful digestion. Find Alive at the Tuesday and Saturday markets. "It's food that's healthy, well-balanced, and delicious." – *Leland Jung*

Katie Hannon Michel

Operations Manager, Berkeley Farmers' Markets

Greetings! My name is Katie Hannon Michel, and I am pleased to join the BFM team as the new Operations Manager. Since graduating from UCSC 6 years ago with a degree in literature and linguistics, I've been involved with farmers' markets from



many sides. My first job out of college was selling bread for Beckmann's Bakery at Bay Area farmers' markets. I loved being at the markets, mostly because I found ways to trade day-old bread for all imaginable foods – from fruits and veggies to salmon steaks and bottles of wine! I left this job after only 6 months, thinking that I should put my literature degree to use in the book industry. Little did I know that it's this farmers' market job that set me on the path towards work that really made me feel good and something that I undeniably loved – food.

Over the past 3 years, I've become more engaged with food systems issues through volunteer and paid work with farms and organizations throughout the Bay Area. Most recently, I worked as one of the managers at the Alemany Farmers' Market in San Francisco. I felt fortunate to learn the ropes of market management at the "granddaddy" of California farmers' markets. Alemany is the oldest farmers' market in the state and one of the largest. It has operated continuously at its present location since 1943 with many of the original farming families still in attendance.

Before Alemany, I spent two seasons at Blue House Farm in Pescadero, CA, first as an apprentice and then as a part-time fieldworker. Working on this organic vegetable farm in an idyllic valley on the

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ECOLOGY CENTER'S



**BERKELEY
FARMERS'
MARKETS**

MARKET HOURS

TUESDAYS 2pm-7pm*
Derby Street at Martin
Luther King, Jr. Way

THURSDAYS 3pm-7pm
Shattuck Avenue at
Rose Street

SATURDAYS 10am-3pm
Center Street at Martin
Luther King, Jr. Way

***Note: Tuesday Winter Market Hours begin on
November 3rd — 2pm - 6pm**

*All Year Round, Rain or Shine
EBT and WIC accepted, Wheelchair accessible*

FREQUENT SHOPPER PROGRAM

Ask us about it! Win an organic tote bag full of
produce, t-shirts, pint glasses, and more!

SPECIAL EVENTS

Watershed Environmental Poetry Festival: Saturday, September 26

Hosted annually by former US Poet Laureate
Robert Hass. Writers include David Mas
Masumoto, Kim Addonizio, etc. Co-sponsored by
the Ecology Center, *Poetry Flash*, and EcoCity
Builders. www.poetryflash.org

Fall Fruit Tasting: Saturday, October 10

(Next to Indigenous People's Day Pow Wow &
Indian Market.)

Halloween/Day of the Dead: Tuesday, Oct. 27

Day of the Dead altar, pumpkin carving contest,
free costume making, pumpkin patch, etc. Co-
sponsored by BAHIA and Farm Fresh Choice.

Holiday Crafts Fair:

Saturdays, December 5, 12, & 19

Local, handmade gifts (jewelry, fine art, body
products, clothes, etc.) and continuous live music.

...Katie Hannon Michel, continued from page 5

San Mateo coast was, at the risk of sounding overly
dramatic, truly life-changing. Having a genuine
connection to the source of my food, to the seasons,
and to the natural world was invigorating after years
of school, offices, and indoor work. When I began
my apprenticeship I had lingering dreams of a career
in publishing, but I left the experience energized to
pursue work that builds connections between urban
communities and the rural areas that sustain them.

Immediately after my apprenticeship I initiated
a partnership between Blue House Farm and a
local family service agency enabling us to extend
subsidized CSA memberships to low-income families
living on the Coastside. I also explored the urban side
of the food movement through volunteer work with
CUESA at the Ferry Plaza Farmers' Market and at
Three Stone Hearth Community Supported Kitchen in
Berkeley. Eventually I landed a part-time job with the
Brentwood Agricultural Land Trust as a Marketing
Associate, where I coordinated the Buy Fresh, Buy
Local campaign for Contra Costa County.

After the past 3 years of zigzagging across the Bay
Area between Brentwood, Pescadero, and San
Francisco, I feel happy to return to my home turf in
the East Bay. I grew up in Albany and spent a few
years living in Berkeley after college. On my first day
at the Tuesday market, I saw family members, the
parents of childhood friends, and colleagues from past
jobs. I feel at ease and familiar in this environment
and am excited to settle in and get to know all of the
great farmers and community members who support
the Berkeley Farmers' Markets.

Become a member of the Ecology Center!

The Berkeley Farmers' Market is a program
of the Ecology Center, a community-based
nonprofit dedicated to
sustainable urban living.
The Ecology Center
relies on the support of
our members. Become a
member today! Visit www.ecologycenter.org or call
510-548-2220x235

