

Winn Farmers' Market

Volume 4

June 21-27, 2010

Our Hours

The Winn Farmers' Market is located at the corners of Main and St John Streets in Winnfield, Louisiana. The Market is now open on Tuesday, Thursday, Friday and Saturday from 7 :30 a.m. until 11:30 a.m.

Market Recipe:

Hot-and-Sweet Freezer Pickles

Ingredients

- 3 1/2 cups thinly sliced pickling cucumbers (about 1 pound)
- 1 medium onion, sliced and separated into rings
- 2 jalapeño peppers, seeded and sliced
- 3 large garlic cloves, pressed
- 1 tablespoon salt
- 1 cup sugar
- 1 cup white vinegar (5% acidity)
- 2 tablespoons water

Combine first 5 ingredients in a large bowl. Cook 1 cup sugar, 1 cup vinegar, and 2 tablespoons water in a saucepan over medium heat, stirring until sugar dissolves. Pour mixture over cucumber mixture. Cover and chill 48 hours. Spoon evenly into 6 half-pint or 3 pint canning jars or freezer containers, leaving 1/2 inch of room at the top; seal, label, and freeze pickles 8 hours or up to 6 months. Thaw in refrigerator before serving; use thawed pickles within 1 week. **Makes about 3 pints.**



Tuesday's Market:

The Tuesday Market for June 22, 2010 will include blueberries, cantaloupes, corn, cucumbers, eggplant, new potatoes, okra, assorted peppers, squash, tomatoes and watermelons. The market will include some wonderful baked items such as tea cakes and cookies. We will also have a large assortment of honey, jellies, jams and preserves.



Thursday's Market:

The Thursday Market for June 24, 2010 will include cantaloupes, cucumbers, fresh eggs, new potatoes, peas, assorted peppers, snap beans, squash, and tomatoes.



Friday's Market

The Friday's Market for June 25, 2010 will include, beans, blueberries, cantaloupes, corn, cucumbers, eggplant, new potatoes, okra, assorted peppers, squash, tomatoes, and watermelons. The market will include some wonderful baked items such as tea cakes. We will also have a large assortment of honey, jellies, jams and preserves. Some of the flavors include blackberry, blueberry, dewberry, huckleberry, Mayhaw, pepper, peach, spicy apple and strawberry.

Saturday Market:

The Saturday, Market for June 26, 2010 will include cantaloupes, cucumbers, fresh eggs, new potatoes, peas, assorted peppers, snap beans, squash, and tomatoes.

Friday's Market Recipe

Cantaloupe and Grilled Fig Salad

Ingredients

- 1 1/2 tablespoons low-sodium soy sauce, divided
 - 9 Black Mission figs, trimmed and halved lengthwise
 - 3 tablespoons fresh lime juice
 - 3 tablespoons honey
 - 1 tablespoon canola oil
 - 1/4 teaspoon minced garlic
 - 1/8 teaspoon kosher salt
 - 3 cups baby arugula (about 3 ounces)
 - 3 cups baby spinach (about 3 ounces)
 - 1/2 cup thinly sliced celery
 - 1/2 cup thinly vertically sliced red onion
 - 1/4 teaspoon freshly ground black pepper
 - 12 thin wedges peeled seeded cantaloupe
 - 3 tablespoons chopped walnuts, toasted
- Directions

1. Prepare grill to medium-high heat.
2. Brush 1 1/2 teaspoons soy sauce over cut sides of figs. Place figs, cut side down, on a grill rack; grill 1 minute on each side or until lightly browned. Remove from grill.
3. Combine remaining 1 tablespoon soy sauce, juice, honey, oil, garlic, and salt; stir with a whisk.
4. Combine arugula, spinach, celery, onion, and pepper. Arrange 2 cantaloupe wedges on each of 6 plates. Top each serving with about 1 cup arugula mixture, 3 fig halves, and 1 1/2 teaspoons nuts; drizzle with about 1 1/2 tablespoons dressing.

The business office for the Winn Farmers' Market is located at 301 West Main Street, Suite 210. Please be sure to visit us at our blog and our website. Or Blog address is <http://winn-farmersmarket.blogspot.com/> Our website is <http://winnfarmersmarket.shutterfly.com/> If you would like additional information on any item in this newsletter contact the Winn Farmers' Market at 301 West Main Street, Suite 210 in Winnfield, LA 71483 or you can reach us via phone at (318) 628-4438, Fax at (318) 628-1802 or by emailing us at dugdsxcd@bellsouth.net

IN THE NEWS

We are currently looking for producer in Winn and surrounding parishes that are interested in participating in the market. Whether you farm part-time or full time if you have items such as fruits, vegetables, nuts, baked breads, freshly made pies, bedding plants, dairy products, freshly cut flowers, cookies, jellies, jams, seafood, yard eggs or fresh meats and are interested in becoming a member or a vendor please call our office or stop by the market. The business office for the Winn Farmers' Market is located at 301 West Main Street, Suite 210. We are open Monday- Wednesday from 9:00 a.m. to 5:00 p.m.



Organic Initiative Offered Through the 2008 Farm Bill to Louisiana Farmers

Organic farming is one of the fastest growing segments in U.S. Agriculture. The Food, Conservation and Energy Act of 2008 (2008 Farm Bill) provides specific opportunities for organic producers and those transitioning to organic farming. Louisiana farmers who are transitioning to organic or who are currently certified organic can now apply to receive assistance under the Organic Initiative through the Environmental Quality Incentives Program (EQIP).

The USDA's Natural Resources Conservation Service (NRCS) administers EQIP and is now taking applications for the Organic Initiative. Under the Organic Initiative, approved applicants can receive up to \$20,000 per year or \$80,000 over six years.

A number of "core" organic conservation practices may be funded through the Organic Initiative, including cover crops, conservation crop rotation, prescribed grazing, pest management, nutrient management, and forage harvest management. All conservation practices offered under "general" EQIP are also available through the Organic Initiative, including but not limited to fence and watering facilities for rotational grazing, erosion control practices, irrigation management, field borders, etc.

EQIP is a voluntary conservation program reauthorized in the 2008 Farm Bill. It supports production agriculture and environmental quality as compatible goals. Through EQIP, eligible producers may receive financial and technical help with structural, vegetative, and management conservation practices on agricultural land and private non-industrial forestland.

Applications for EQIP are taken continuously throughout the year. However, to be considered for Fiscal Year 2009 funding under the Organic Initiative, producers need to have an application signed and returned to their local NRCS office by June 12, 2009. Applicants who are currently certified organic will need to include their organic system plan (OSP) reviewed by a USDA accredited organic certifier when applying for financial assistance in the Organic Initiative under EQIP. Applicants who are transitioning to organic will need to submit a self-certification form to the NRCS acknowledging that agree to develop and implement conservation practices for certified organic production that are consistent with an organic system plan. The self-certification form may be obtained at time of application from any NRCS Service Center.

Some participants are eligible to receive a higher payment rate; those are limited resource farmers, beginning farmers, and socially disadvantaged groups. For more information, go to www.nrcs.usda.gov/programs/SLB_Farmer/.

For more information in Jackson Parish visit the NRCS Ruston Field Office at **1803 Trade Drive in Ruston** or contact us at **(318) 255- 3136 extension 3**. For more information in Winn Parish visit the NRCS Natchitoches Field Office at **6949 LA Hwy 1 Bypass in Natchitoches** or contact us at **(318) 357- 8366 extension 3**. For more information in Caldwell Parish visit the NRCS Columbia Field Office at **7128 Hwy 165 South in Columbia** or contact us at **(318) 649-2651 extension 3**. You can also learn more about the NRCS and Farm Bill programs by visiting us on the Web at www.la.nrcs.usda.gov or by contacting the Dugdemona SWCD.