

Winn Farmers' Market

Volume 5

June 28- July 4, 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. We will be closed this Saturday to celebrate the July 4th weekend.



Tuesday's Market:

The Tuesday Market for June 29, 2010 will include blueberries, cantaloupes, cucumbers, eggplant, new potatoes, okra, assorted peppers, purple hull peas, squash, tomatoes and watermelons. The market will also have a large assortment of canned goods like choc-chow, honey, jellies, jams and preserves.



Thursday's Market:

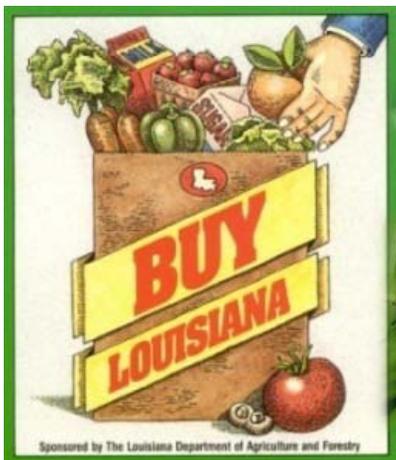
The Thursday Market for July 1, 2010 will include cantaloupes, cucumbers, fresh eggs, new potatoes, peas, assorted peppers, snap beans, squash, tomatoes and watermelons.





Friday's Market

The Friday's Market for July 2, 2010 will include, beans, blueberries, cantaloupes, cucumbers, eggplant, new potatoes, okra, assorted peppers, squash, tomatoes, and watermelons. The market will also have a large assortment of chow-chow honey, jellies, jams and preserves. Some of the flavors include blackberry, blueberry, dewberry, huckleberry, Mayhaw, pepper and peach.



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 dugswcd@bellsouth.net

Friday's Market Recipe

Cajun Shrimp Casserole

Ingredients

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2 pounds unpeeled, large fresh shrimp
1/4 cup butter
1 small red onion, chopped
1/2 cup chopped red bell pepper
1/2 cup chopped yellow bell pepper
1/2 cup chopped green bell pepper
4 garlic cloves, minced
2 cups fresh sliced okra
1 tablespoon lemon juice
1 1/2 teaspoons salt
1 (10 3/4-ounce) can cream of shrimp soup**
1/2 cup dry white wine
1 tablespoon soy sauce
1/2 teaspoon cayenne pepper
3 cups cooked long-grain rice
1/4 cup grated Parmesan cheese
Garnishes: quartered lemon slices, fresh flat-leaf parsley sprigs

Preparation

Peel shrimp; devein, if desired.
Melt 1/4 cup butter in large skillet over medium-high heat. Add onion and next 3 ingredients; sauté 7 minutes or until tender. Add garlic, and sauté 1 minute. Stir in okra, lemon juice, and salt; sauté 5 minutes. Add shrimp, and cook 3 minutes or until shrimp turn pink. Stir in soup and next 4 ingredients until blended. Pour into a lightly greased 11- x 7-inch baking dish. Sprinkle evenly with Parmesan cheese.
Bake at 350° for 15 to 20 minutes or until casserole is bubbly and cheese is lightly browned. Garnish, if desired.

**1 (10 3/4-ounce) can cream of mushroom soup may be substituted for cream of shrimp soup.

Makes 6 servings

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.