

Pennsylvania Women's Agricultural Network NEWSLETTER

WINTER 2005

WOMEN IN SUSTAINABLE AGRICULTURE CONFERENCE

PENNSTATE



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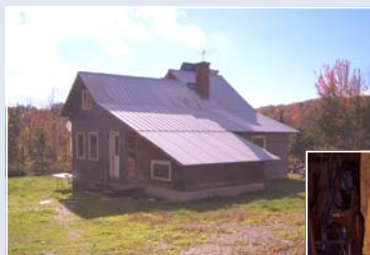
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On October 20, nineteen women and 1 baby met in State College and enthusiastically crammed their luggage and bodies into two vans as we headed to Burlington, Vermont for the 1st Women in Sustainable Agriculture Conference: A Celebration of Hope and Opportunity (WISA).

Winding our way through the mountains, the leaves were at full peak when we picked up two other women in Northeastern Pennsylvania. The vans were abuzz with excitement and anticipation as we shared stories, lives, and laughter with old and new friends. The trip up was a mini pre-conference as we discussed cheese making, community supported agriculture, chickens, goats, basil, cooking, kids, pastures, and much, much more. We arrived exhausted with the exception of the baby whose baby talk had us in stitches as we pulled into Burlington 11 hours later. After a good night's sleep, we joined another 9 Pennsylvania women and 375 other women from 35 states and Canada.

On the first day, we split up into vans to go on 8 different farm tours including organic dairy and farmstead yogurt (photos 1), equine enterprises and stewardship, and diversified livestock. My tour of The Intervale, a non-profit farm incubator, was fascinating and gave me many good ideas for PA-WAgN. We talked with participants at the farm incubator who are new and beginning farmers who rent land at The Intervale, share equipment, and receive help in business planning. We toured the community recycling and composting facility run by an amaz-

ing woman who refers to herself as the compost maven. After the tour of her composting process, she posed for pictures with a wide grin as she lovingly held a bag of her compost in her arms. I heard tales that the other tours were fantastic, especially the visit to one extraordinary woman goat farmer (photo 2).



On Saturday, the conference opened with a keynote speech by Frances Moore Lappe, author of *Diet for a Small Planet* and a recent book, *Democracy's Edge*. Lappe captured our imaginations

by asking and answering the question, "Why is there hunger in a world of plenty?" From her perspective, our dominant mental map is life destroying, especially our economic and political systems. Our economic system is based on the highest return to existing wealth. Consequently, the combined wealth of

the world's 611 billionaires equals the annual income of 1/2 of humanity. And our political system, while claiming to be democratic, is based on thin democracy. She calls for a new mental map with a market system embedded in human values such as accountability and fairness. Also, we need to live democracy as a way of life with food as a right of citizenship. Lappe offered numer-

ous examples from around the world of efforts to build markets based on human values and political movements that reinforce democracy as a way of life. Things are getting better and worse at the same time. Her parting words of advice to women in sustainable agriculture were to live in our com-

(Continued on page 2)

Women in Sustainable Agriculture Conference

(Continued from page 1)

munities and "speak, even if your voice shakes."

After the keynote, we split into a fascinating array of about 40 workshops that were engaging, stimulating, and participatory. We attended workshops on alternative therapies for herd health, the dirt on the soil, greenhouses & gardens, borrowing money for your business, and the right tool for the right job.

Many of our members also attended the "Grow Your Business" Intensive Learning Opportunity. The track helped farmers who made it through start-up and now are ready to strengthen their business for long term sustainability. Participants who completed the track will receive up to \$150 for follow-up technical assistance. Many of the farmers who attended the business track are already changing their farm operations. Less than a week after the conference, Kathy Fields from Kathy's Ponies in Coopersburg, PA wrote, "It was so inspiring to have attended the Vermont gathering. Being with amazing women was such an inspiration!!! My business partner, Anita, and I have already contacted the local Conservation District Representative and have had a grazing specialist out to the farm. We began a rotational grazing plan and have an appointment with someone to help evaluate erosion issues. We are changing the grazing pattern in the present pastures and have three horses up for sale. We attended our local Chamber of Commerce breakfast on Wednesday and spoke to Small Business Administration representatives about financial assistance." The conference inspired many of the attendees to alter their farming operations to become more diversified and more sustainable and encouraged non-farmers to support their local food systems.

We ate delicious meals focusing on locally grown and produced foods. In late October in a region with a limited growing season, fresh foods were still plentiful (photo 4).

Cynthia Vagnetti, a documentary photographer and film producer, presented her recent film, *Voices of American Farm Women*. Cynthia interviewed and filmed more than 100 American farm women and their families from 25 states to produce this thought-provoking film. Her black and white photographs were on display throughout the conference and provided glimpses into the lives of some amazing farm women.

Pamela Kingfisher, a Cherokee activist, provided the closing address. Pamela recently founded the Selu Circle Fund, an Oklahoma non-profit serving Cherokee and native women throughout the South by South East traditional homelands. Pamela is a life-long organic gardener and herbalist who recently initiated a 60 acre Cherokee Medicinal Preserve, planting bloodroot and other native medicinals.

With passion and conviction, Pamela is outspoken concerning policy changes and avidly supports and promotes sustainable agriculture. Pamela opened with, "I'm contaminated and I can't shut up!" and continued to discuss her active role in the 1993 closure of the notoriously contaminated Kerr-

McGee plant, which processed 23% of the World's uranium supply in Oklahoma. Pamela shared the Cherokee Selu (Corn Mother) legend and the spiritual connection to women's current role in farming. Her heartfelt speech and closing words, "We **must** become a sustainable agricultural system," motivated many conference attendees to focus on higher levels of sustainability and diversification. She encouraged us all to be outspoken in our efforts to restore our local food systems and fight for what we believe in.

In a workshop on leadership and networking, Pamela suggested that we follow her tribe's model of leading like geese. Flying geese take turns leading and following. When the lead goose tires, other geese step in. In PA-WAgN, we are trying to have a flexible and non-hierarchical leadership



"I'm contaminated and I can't shut up!"

—Pamela Kingfisher

structure. This is never easy, but we hope to follow the model of leading like geese. As we left Burlington and headed for Pennsylvania, we came across a valley where snow geese stop on their migration south. We saw hundreds of snow geese and watched as numerous flocks landed in the valley to eat, drink, and rest. We hope if we lead like geese in Pennsylvania, we can create a sustainable and just agriculture and also nourish each other.

—Carolyn Sachs
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* * *

Photographs courtesy of Sandra Miller, Painted Hand Farm,
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FIELD DAYS

RIPPLING BROOK &
M&M ROBERTSON FARMS

The Pennsylvania Women's Agriculture Network (PA-WAGN) sponsored a field day hosted by Aaron and Priscilla Schwartz of Rippling Brook Farm, and Maggie Robertson of M&M Robertson Farm; in Sligo, Pennsylvania.

Aaron and Priscilla Schwartz farm 270 acres together with three other families, producing organic vegetables, goat milk and cheese, eggs, poultry, and freshly baked goods. Aaron and Priscilla's main focus is on organic vegetable production which is distributed through a 56-family Community Supported Agriculture (CSA) program and sold to Whole Foods Markets and the East End Food Coop in Pittsburgh, PA.

The Schwartz family has fourteen children, including ten daughters. Aaron candidly opened the tour by stating, "In our family, we have eleven women in agriculture." Aaron led our group on a wagon ride pulled by a team of Belgian draft horses through the vegetable and strawberry fields, stopping frequently to describe the process that led the family to organic vegetable production and diversification through community farming.

The Schwartz family purchased their farm in 2001 and began with high ideals. Immediately realizing that 270 acres was too much for one family, they included their extended family. They began with organic poultry and eggs but quickly learned that their soils were too depleted to produce adequate quantities of corn and grain, leading them to add dairy and meat goats. "Goats are unique creatures to revive a farm. The goat manure is good for soil fertility and promotes growth," Aaron explained. Realizing their dreams led the Schwartz family on several unexpected ventures but they have maintained their desire to farm organically. "Our dream has been shaken but intact." Aaron commented with a smile.

With the use of goat manure, cover crops, drip irrigation, straw mulch, and other sustainable methods, the Schwartz's have achieved their highest yields and greatest profits in 2005.

As an added and unexpected benefit to field day participants, the tour included a visit to a one-room Amish school located on the farm. Aaron and Priscilla's daughter, Miriam, teaches grades 1-8 for the families of Rippling Brook Farm. The students greeted us warmly with a welcome song. We were thoroughly impressed with the respect for learning exhibited by the students.



Curious dairy goats at
Rippling Brook Farm

Our morning at Rippling Brook Farm continued with a tour of their dairy goat facility where two of Aaron and Priscilla's daughters milk 170 dairy goats twice daily. "Our doelings are treasured. Doelings turn into money," Priscilla commented.

Maggie Robertson directs the marketing and distribution of the CSA in which the Schwartz family participates. Maggie led the group through the CSA packing facility and described marketing, share costs, member benefits, and distribution procedures.

The field day proceeded to M&M Robertson Farm where Maggie provided a delicious home-grown lunch and Linda Moist discussed PA-WAGN's mission and led a discussion group to determine farmer needs and workshop preferences.

Guest speaker Rita Pollock of RL Pollock Associates presented a program on crop insurance. Rita recommends that crop insurance be purchased from a private agent, somebody you trust, at least three months before the season starts. An Agent Locator List for 2006 is available on USDA's Risk Management Agency website at <http://www3.rma.usda.gov/tools/agents/companies>.

Rita also discussed the Southwest Farmers' Market Alliance and provided an overview of their services and benefits. For additional information contact Rita Pollock at Rita@RLPollock.com.

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FIELD DAYS

CSA ROUNDTABLE/FULTON FARM

A new agricultural phenomenon, Community Supported Agriculture (CSA), holds great promise for making small- and medium-sized farms profitable. The CSA concept, which encourages farmers to sell their fresh farm products directly to community members who buy weekly shares in their harvest, is gaining rapid acceptance. In 1985, there was only one CSA farm in the United States, and today there are over 1,700. But beginning such a venture takes preparation.

On November 18th, PA-WAgN traveled to the Robyn Van En Center for CSA Resources at Wilson College in Chambersburg, Pennsylvania, for a roundtable discussion on starting a CSA. Leading the discussion were Mary Cottone and Matt Steiman from Fulton Farm, Jennifer Halpin from Grass Roots Farm, Brad Holm from Village Acres, Al Max from Tait Farm, Nichole Nazelrod from the Robin Van En Center, and Linda Moist from Clan Stewart Farm and PA-WAgN.

The group developed a list of recommendations for farmers to consider when setting up a CSA:

- Attract and retain committed members by hosting on-farm events such as a PASA field day or an open house; giving talks to homeschool groups, churches, Rotary Club, and other community groups; and by giving members extra brochures to hand out to their friends.
- Be innovative in reaching new customers. Try approaching a business and asking to distribute your produce on site. The business' employees could be your first customers.
- Add your farm to on-line directories like <http://www.eatwild.com>, <http://www.localharvest.org>, and <http://agmap.psu.edu>.
- Maintain regular contact with your customers with newsletters and e-mails.
- Develop a "core group" of supportive members, a concept developed fully in Elizabeth Henderson's book, *Sharing the Harvest*.
- Be sure to have a greeter or two at each CSA pick-up day to ease your load and provide a friendly face — a connection to your farm. If you use CSA members as greeters, you can offer them a discounted share.
- Make rules and keep them. Let your customers know that their shares will be given to charity if they don't pick them up on time.
- Remember that providing your own healthful food is an important benefit of having a CSA. What you don't



sell, you should eat.

- Develop a planting and harvesting schedule and perfect it over time. Consider using software developed for the purpose.
- Offer a two-hour pickup window.
- Provide a trade table so that members can exchange produce they don't want.
- Aim for produce of the highest quality. Use a refrigerated truck for delivery if possible to prevent wilting produce in the heat of summer and freezing in winter. Make sure meat is always in coolers. Consider adding a display case for baked goods.
 - Provide a one-stop shopping experience for your customers by adding additional products such as eggs and dairy products. Consider creating a cooperative of farms with diverse farm products, including meat and poultry.
 - To understand the legalities involved in selling meat and poultry, download *The Farmer's Guide to Processing and Selling Meat or Poultry*, written by Penn State Cooperative Extension educator John Berry, http://lehigh.extension.psu.edu/Agriculture/Farmers_Guide.pdf.
- Consider offering workshops and cooking classes to help your customers use your produce.
- Maintain a "pick-your-own" area for customers who want to get out in the field. Plant extra herbs, beans, and cherry tomatoes for that area. Grow flowers as a pick-your-own product and provide scissors and rubber bands for customers to use when cutting their own flower bunches.
- Add some on-farm recreation, such as a nature trail. You could provide binoculars and a bird identification guide for your customers to use on the trail.
- Include at least one potluck or picnic during the season as a thank you for your customers.
- Offer to coordinate car pools or cooperative pick-up sites for neighbors.
- Capture more of the customer's dollar with extra items like honey, photography, beeswax candles; items with an extended shelf life.
- In exchange for a free distribution site, offer to donate a share to a needy family.

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CONGRATULATIONS!

PA WOMEN'S AGRICULTURAL NETWORK

The Pennsylvania Women's Agricultural Network (PA-WAgN) is the proud recipient of the Vice President's Award for Learning and Community, awarded by Craig D. Weidemann, Vice President for Outreach, The Pennsylvania State University.

PA-WAgN team members include Dr. Mary Barbercheck, Dr. Kathryn Brasier, Dr. Jill Findeis, Dr. Nancy Ellen Kiernan, Linda Stewart Moist, Dr. Carolyn Sachs, Ann Stone, and Dr. Amy Trauger.

The award for Learning and Community honors Outreach faculty, staff, and technical-service employees who consistently demonstrate excellent commitment to advancing lifelong learning and create a supportive environment for learning and work. PA-WAgN has been recognized by Outreach for the team's outstanding performance.



Dr. Mary Barbercheck



Dr. Kathryn Brasier



Dr. Jill Findeis



Nancy Ellen Kiernan



Linda Stewart Moist



Dr. Carolyn Sachs



Ann Stone

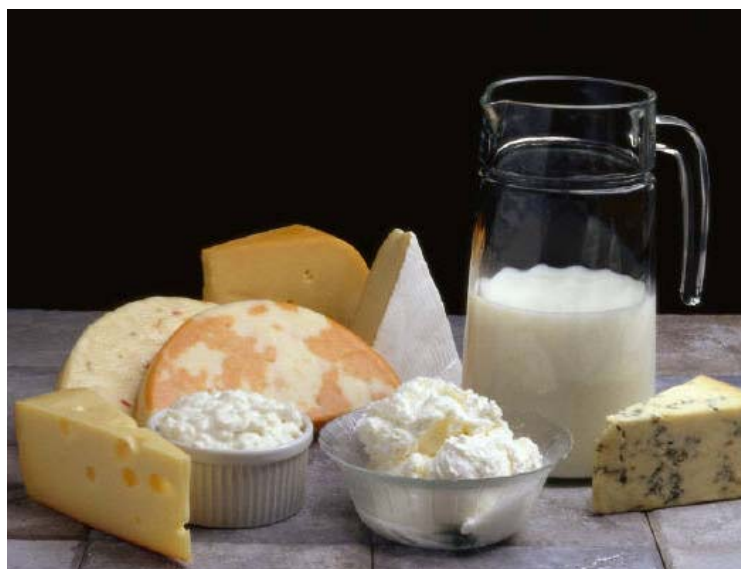


Dr. Amy Trauger

PENNSYLVANIA FARMSTEAD & ARTISAN CHEESE ALLIANCE

As a follow-up to a Keystone Agricultural Innovation Center (KAIC) project and as a good KAIC partnership development, the Pennsylvania Farmstead and Artisan Cheese Alliance has received a \$7,500 grant through the Pennsylvania Department of Agriculture's Ag Product Promotional Matching Grants for 2005-2006. The group is planning a pre-conference tract, *The Art of Cheese*, as a part of the 2006 PASA conference and will have an exhibit booth at the 2006 Farm Show (next to the wine association) and will give out samples of various farmstead and artisan cheeses produced in the state. Joe Dudick, Keystone Development Center, assisted the alliance with their non-profit status so that the group could apply for this grant.

For additional information about the Pennsylvania Farmstead & Artisan Cheese Alliance, contact Sandra Miller of Painted Hand Farm at 717-423-5663 or sandra@pa.net.



LOOKING FOR...

Documentary photographer and film/video producer of the American family farm experience, Cynthia Vagnetti wants to turn her attention, her microphone and her cameras on the farm women of Pennsylvania. Her hope is to collect oral history interviews, black and white photography and video that capture the drama of farming through the lives of women involved in sustainable agriculture practices.

Since 1991 Cynthia has documented women, children and men who are advancing the economic, social and environmental goals of small to medium sized diversified farms. She is particularly interested in the growing sector of farm women who are landowners, farm operators and innovative entrepreneurs infusing life in both

FEMALE FARMERS OF PA

the urban and rural communities. She has recently directed a similar project in Michigan, Iowa, Minnesota, and Wisconsin.

If you are interested in sharing your story and being a part of the Pennsylvania documentary project, contact Cynthia at cynthia.vagnetti@pressroom.com.

Cynthia's interviews, documentary photography and video productions are nationally recognized and praised. Her most recent work, *Voices of American Farm Women*, is currently on exhibit throughout the United States.

* * *

VOICES OF AMERICAN FARM WOMEN

VOICES OF AMERICAN FARM WOMEN

A traveling exhibition touring from

9/13/2004 through 8/16/2008

Sponsored by Exhibits USA

a division of

Mid-America Arts Alliance

http://www.maaa.org/exhi_usa/exhibitions/farmwoman/farmwoman.html



Cynthia Vagnetti, *Lisa French, Partridge, Kansas, 1991*, gelatin silver print, 13 1/4 x 10 1/4 inches; courtesy the artist

Powerful images and words are woven together through oral history interviews conducted with the subjects of Vagnetti's work. Her artistic aim has been to evoke an image of a new farmer-citizen that includes women in roles for which they have never before been recognized. Their voices narrate a multi-faceted view of work, family, and community. Strong opinions about farm work, childcare, and housework, among other topics, dispel many misconceptions about women who work the land. They represent the growing number of small diversified farming operations and share their lives and concerns addressing: the choice to farm, family life, sustainability, stewardship, appropriate technology, biodiversity, safe and healthy foods, eating locally, and building community.

"In the 21st century, we are not perceived as a starving country, yet we hunger for something that industrialized agriculture has removed us from." Susan Jutz, an Iowa vegetable producer, enlarges this observation drawn from her relationship with CSA members, "People that we deal with...they want something in their lives and as they become involved with us they start feeling better with their lives." These stories are of people; farmers and consumers working towards security, rootedness and domestic harmony through sustainable agriculture practices and sound land use practices.

* * *

GOING LOCAL

THE CONFESSIONS OF A LOCAL FOODS CITIZEN-EATER

Having just snacked on my third Liberty apple from my CSA share today, I must confess that I love food and eating. I must also admit that I have an unnatural relationship to food since I am a diabetic. My lifelong experience with food has been one of disgust at the sugar, fat, salt, taste, flavor, and life substitutes (is that really food?) I am encouraged to enjoy, or longing for that fudgy-wudgy chocolate gunky that is ultimately not food either.

Life changed for me when I made a commitment (completely separate from my health) to eat locally. I wanted to prove that my (and anyone's) body could be supported by the real food that is produced by people I know who live not so far away from me. And now that between 75-90% of the calories I consume come from within twenty miles of my home, I have experienced some benefits that go beyond the political and economic. I've decreased my insulin dependence, proved to myself that I'm right (so very important), improved my ecological footprint¹ by two planets (not nearly enough) **and** lost 65 pounds. And I have become one of the best customers of some of our PA-WAgN members! (By the way, I'm looking for a good feta...!)

So, I'm writing now because this time of year is when we start to fall off our local foods wagon. Summer-time...when the eating local is easy...is sooooo over. So, now as snow flurries fly, I want to throw out a few ideas for prepping for eating locally in the coming year. My eat-local-mission was a New Year's Resolution that has become an obsession. Lunatic that I am, I chose January to start this process, and my success proves it is not impossible to start now. January happened to be the month when I joined a year-round CSA, which was my first step off the processed, pre-packaged food cliff.

Instead of landing with a thud, I managed to catch a zephyr that carried me right to a place of better health, decreased reliance on "foreign" food, and a more environmentally responsible lifestyle. You can experience this too with a few simple changes to your life. Look for more local food tips in a few months, and enjoy the harvest!

1. Take a look at your diet...and make some changes. A local foods diet is rich in fruits and vegetables, meats/eggs, and dairy. Very few processed grains find their way into my life these days, which is why my insulin dependency decreased and I lost weight. Of course bread is hard to give up, but look around

for a local baker or a local flour miller if you love bread (as I do, but for health reasons I realized it had to go). The one grain exception I make is for wild rice from the White Earth Land Recovery Project. Other changes I made were switching from (high sugar) soy milk products to grass-fed organic yogurt, and going from vegetarian to grass-fed carnivore.

2. Make a goal to make one meal local. I started with breakfast be-

cause I was already doing fruit and soy smoothies. It was easy enough to substitute yogurt for soy and in May of my first year of going local I started my now annual fruit freezing frenzy. I freeze enough strawberries, raspberries, blueberries, and peaches (raw in plastic bags) to get me through a year. I also enjoy cherries and pears in season, but they don't freeze so well!

3. Join a year-round CSA. You'll get organic root vegetables and greens (if they have a greenhouse) for the next several months. In the Northcentral



Amy Trauger at a farmers' market in Dublin — Eating locally while abroad!
 photograph courtesy of Ryan Peterson

BE COUNTED!!!

USDA's National Agricultural Statistics Service (NASS) collects and disseminates data on all aspects of agriculture including demographic, production, economics, and the environment. This information is used every day by farmers and ranchers, but also by policy makers, producer groups, researchers, and agribusiness representatives who make decisions that affect you and your farm operation. NASS is committed to counting every farm in the 2007 Census to truly represent agriculture in the U.S. The current definition of a farm is any place from which \$1,000 or more of agricultural products were produced and sold in the Census year. As you know, women farm operators have often been undercounted by the Census. NASS has asked PA WAgN to help them improve their list of agricultural operations to en-

sure that women farmers are counted. NASS data is used to define and promote agriculture.

Now is your chance to be counted.

To ensure you receive a 2007 Census of Agriculture form contact <https://www.agcounts.usda.gov/cgi-bin/counts> or call toll-free 800-892-1660.

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GOING LOCAL

THE CONFESSIONS OF A LOCAL FOODS CITIZEN-EATER

(Continued from page 7)

Region, Tait Farm and Village Acres both have twelve months of distribution. If you already are a member of a CSA, ask your farmers what you can do to help them go to a year-round model (if they want to!). They may need some funds to put up a greenhouse or a root crop storage facility. Get your friends together who want organic spring mix from PA, not CA in January and make a collective investment.

- Plan your garden! Even if you don't have a big space or very green thumbs, you can start colonizing little spots around (in and outside) the house with herbs. Chives, thyme, oregano, mint, marjoram, and tarragon will love to grow just about anywhere and stay green late in the year (keep spearmint in a pot though, or it will take over your life). It's also nice to keep those herbs handy by the door for winter cooking dashes into the snow, dark and cold for fresh herbs! For slightly more ambitious gardeners, garlic (get it in the ground now!), onions, winter squash, and potatoes are easy to grow, wonderful to eat and easy to store. For vegetarians, try growing black beans. Yes, black beans as well as many other legume varieties love growing in PA. Keep the deer away from them and you will have more protein that you know what to do with. FEDCO, Johnny's, and High Mowing Seeds are good seed catalogs.
- Buy a freezer. A used one can be had for \$50, and you can start filling it up with meats from your local

livestock farmer (if you are a carnivore...). Buying in bulk is an inexpensive way to buy meat, and you can often share a half or whole with friends. If you are a vegetarian, you will be ready to start freezing foods when the strawberries and asparagus start coming in!

- Buy a cookbook...or two or three....or four or five. You can never have enough cookbooks, and once they have come in the mail, take them to bed and read them! Good ones I know, love and take to bed regularly are *Stonewall Kitchen Harvest*, *Moosewood New Classics*, *White Dog Café*, *One Potato, Two Potato* and the *Grass-fed Gourmet*. Our intrepid book reviewer, Linda Stewart Moist, also has some super recommendations in this month's newsletter. Jessica's Biscuit is a great online source for inexpensive cookbooks.

Eat well, live well!

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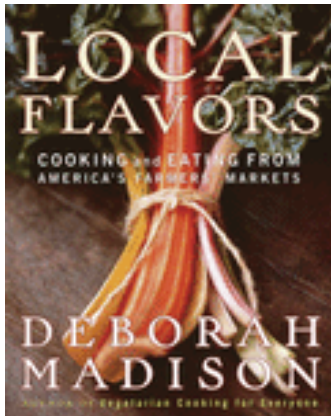


¹To find out how many planets you need to survive, and the difference local foods make go to <http://www.earthday.net/footprint/index.asp>

For information regarding the White Earth Land Recovery Project visit <http://www.nativeharvest.com>

BOOK REVIEW

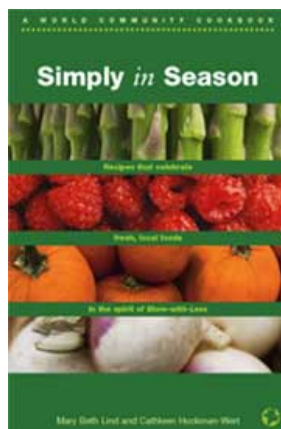
If you sell your farm products at a farmers' market or through a CSA or on-farm market, you may be spending your long winter evenings as I am, leafing through cookbooks trying to locate recipes that use fresh vegetables, especially zucchini. All summer, in my weekly CSA newsletter, I provide recipes that showcase each week's vegetables and herbs. I find it much easier to type recipes now in the off-season than to squeeze it in between picking beans and writing the newsletter. So this month I'm reviewing three cookbooks that will make our jobs easier. These cookbooks are a great resource for recipes that will display your farm-fresh produce at its best advantage.



The first, *Local Flavors: Cooking and Eating from America's Farmers' Markets* by Deborah Madison, is a beautifully illustrated book that looks more at home on the coffee table than on the kitchen shelf. The recipes are arranged by season, from the spring's first wild greens to winter's squashes and roasted chestnuts. Everything in between uses

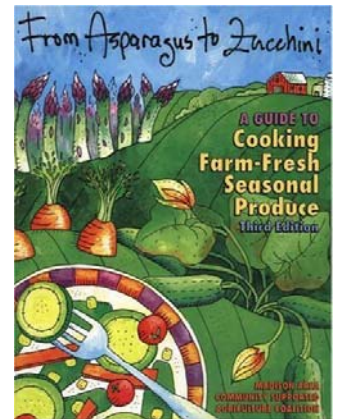
each season's bounty with other fresh ingredients like herbs, eggs, cheeses, and fresh meats that may also be found at the farmstand. Along the way, Madison describes farmers' markets and their bounty across the country, from Santa Fe to St. Paul and San Francisco to Cleveland. Madison makes sure that her readers understand that in patronizing farmers' markets, more than flavor is at stake: "Making sure that farmers can enjoy financially sustainable lives is the most important way we can ensure that real farm foods remain a part of our lives."

My second choice, *Simply in Season*, was commissioned by the Mennonite Central Committee in the spirit of the classic *More-with-Less* cookbook. Like *More with Less*, this cookbook emphasizes the importance of sustainability and social justice in food systems. The authors, Mary Beth Lind and Cathleen Hockman-Wert, point out that "each food purchase we make is like a vote for the way we want food to be produced—and for the world in which we want to live." I



will probably purchase this book for my CSA members because it contains basic cooking and storing directions for all the vegetables and fruits we grow in Pennsylvania, its spiral binding and seasonal arrangement are kitchen friendly, and its recipes are easily prepared. An added bonus is the great quotes that grace the bottom of each page, illustrating the importance of sustainable agriculture and local foods.

From *Asparagus to Zucchini: A Guide to Cooking with Farm Fresh Seasonal Produce* is a farmstand classic of "everyday" recipes published in 1996 by the Madison, Wisconsin, Community Supported Agriculture Coalition to help its members use the produce they received from their farms each week. This "food book" features uncomplicated recipes that even a novice cook can prepare. Most of the recipes use basic farmstand ingredients, so your customers won't have to drive to the supermarket for extras. And best of all, they're arranged alphabetically so customers can shop with book in hand.



So, take advantage of the opportunity that cookbooks such as these offer to market your farm products throughout the seasons.

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Publisher Information:

Local Flavors: Cooking and Eating from America's Farmers' Markets
ISBN: 0-7679-0349-8
Broadway Books
http://www.randomhouse.com/broadway/catalog/results.pperl?title_auth_isbn=local+flavors

Simply in Season
ISBN 0-8361-9297-4
Herald Press
<http://www.heraldpress.com/books/SimplyinSeason.htm>

From Asparagus to Zucchini
ISBN 0-9721217-8-1
<http://jonesbooks.com/books/az.html>

CALENDAR OF EVENTS



Farm Show 2006

An Agricultural Tradition for Generations



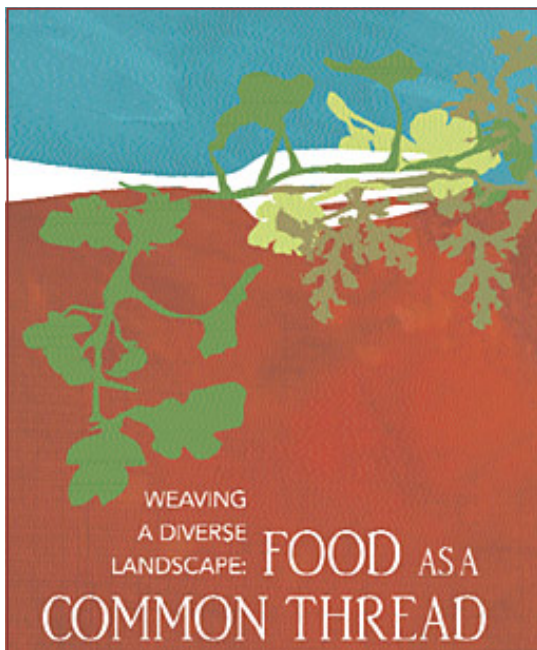
90th Pennsylvania Farm Show January 7-14, 2006

The Farm Show showcases the best of Pennsylvania agricultural products, farm equipment, livestock, farmers, and youth. Visitors can sample PA Preferred produce, watch young men and women showing their livestock and discover the latest in new agriculture technology.

For details visit: <http://www.agriculture.state.pa.us/farmshow/site/default.asp>

Women in Agriculture Day Tuesday, January 10, 2006

PA-WAgN will be on display at the Women & Youth in Agriculture Day. PA-WAgN is hosting a marketplace gallery for members to display their goods and services. To participate in the marketplace gallery contact Linda Moist at 814-865-7031 or lsm9@psu.edu



PASA'S 15th Annual Farming for the Future Conference

PENN STATER CONFERENCE CENTER
STATE COLLEGE, PA
FEBRUARY 2, 3 & 4

Wednesday, Feb. 1, 2006, PA-WAgN offering new full day of programming:
Introduction to Equipment
Ag Arena, Penn State Campus

Thursday, Feb. 2, 2006, ALL DAY
WORKSHOPS on Business Management and
Equipment Maintenance

For details & registration visit: <http://pasafarming.org/conferences/confinfo.htm>

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Attention Regional
Representatives!

PA-WAGN
LEADERSHIP
TRAINING
FOR
REGIONAL
REPRESENTATIVES



SAVE THE DATE!
MARCH 2-3, 2006
THE LODGE AT
WOODWARD CAMP
WOODWARD, PA

DETAILS COMING
SOON!

THE KITCHEN GARDEN

RED BEETS



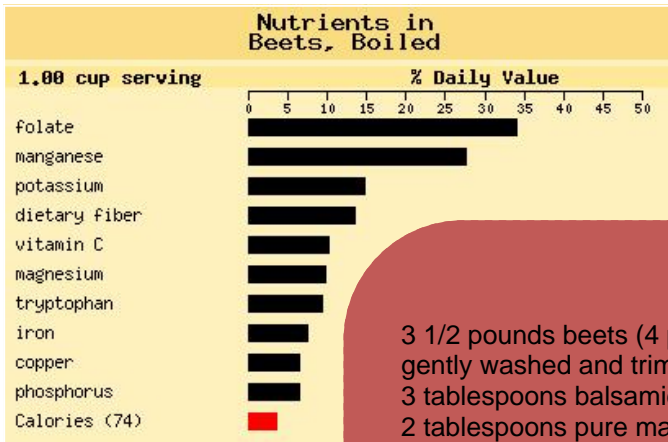
Red beets are my favorite food. Their beautiful reddish-purple flesh adds a colorful impact to any buffet, their roots and foliage are highly nutritious, and their extremely sweet, earthy flavor and deep, rich texture make them a garden treasure. They grow effortlessly and store easily for use during those long winter months.

This year's garden included a variety of red beets including Detroit Dark, Red Ace and Chioggia, most of which were purchased in bulk at my local farm supply store. Multiple plantings produced greens and beetroots throughout the entire growing season.

Recipes using fresh, common ingredients, prepared easily enough for everyday meals, but elegant enough to be included in every celebration of family and food, are uncommon. Balsamic-Glazed Red Beets, however, meets these requirements. For my family, Holiday celebrations must include Balsamic-Glazed Red Beets. In good taste and good health, enjoy the Holidays and this recipe!

—Ann Stone
PA-WAgN

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BALSAMIC-GLAZED RED BEETS

3 1/2 pounds beets (4 pounds with greens attached, reserving greens for another use), gently washed and trimmed, leaving about 1 inch of stems attached
 3 tablespoons balsamic vinegar
 2 tablespoons pure maple syrup or honey
 1 tablespoon olive oil
 1 1/2 teaspoons minced fresh thyme leaves

In a large saucepan cover beets with water by 1 inch. Simmer beets, covered, 35 to 45 minutes, or until tender, and drain in a colander. Cool beets until they can be handled and slip off skins and stems. Cut beets lengthwise into wedges. Beets may be prepared up to this point 2 days ahead and chilled, covered. Bring beets to room temperature before proceeding.

In a large skillet stir together vinegar, syrup or honey, and oil and add beets. Cook beet mixture with salt and pepper to taste over moderate heat, stirring, until heated through and coated well. Sprinkle about half of thyme over beets and toss gently.

Serve beets sprinkled with remaining thyme.

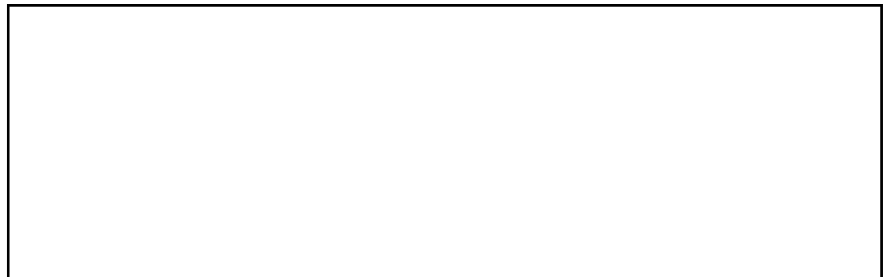
Serves 8.

For additional nutritional information, visit:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=49#descr>.

**PENNSYLVANIA WOMEN'S AGRICULTURAL NETWORK
 THE PENNSYLVANIA STATE UNIVERSITY**
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