

Winchester Wellness News for April 2009

Farmers' Markets are opening soon near you! Eat fresh and local and enjoy the health benefits.

Soon, everyone will have "Spring Fever" and want to get outside more often. What a great time to work more fresh, locally grown fruits and vegetables into your diet. Children get bored, tagging along to the grocery store, but buying produce and plants from local farmers has an added educational benefit - you get to meet the Michigan farmers that grow and raise your food. The produce is often plucked, dug or cut the day before so you can't beat the freshness. Eating fresh food tastes better, has less additives and can be less expensive, annually. But, keeping enough fresh food in the house can be challenging and time consuming. One alternative may be to join an organized, pre-arranged, local CSA.

Community Supported Agriculture

A CSA, (Community Supported Agriculture) is a way for the food buying public to create a relationship with a farm and to receive a weekly basket of produce. By making a financial commitment to a farm, people become "members" (or "shareholders," or "subscribers") of the CSA. Most CSA farmers prefer that members pay for the season up-front, but some farmers will accept weekly or monthly payments. A CSA season typically runs from late spring through early fall. The number of CSAs in the United States was estimated at 50 in 1990, and has since grown to over 2200. The cost for a full share in a CSA can range, but, the average is about \$575 for the year. Much less than your fresh produce cost at your local grocery. Here are a few CSAs nearby:

Needle Lane Farms

Family sized shares (20 weeks), single sized shares (20 weeks), and a 12-week summer only share in both family and single sizes. CSA shares can be picked up at the farm on Tuesday afternoons or in Ann Arbor at Morgan & York Big Ten Market on Packard. For information, visit: <http://www.needlelanefarms.com>. 517-263-5912

Carpenter's Greenhouse and Organic Produce

CSA available May - October. Includes free range eggs. Pick up at farm or at Northville or Ann Arbor Farmers' Markets. Contact Dwight Carpenter at 517-320-9619 or at ddcarpenter7@yahoo.com.

Old Pine Farm (year round)

CSA pickups are on the farm or in Ann Arbor, monthly. Grass fed beef, organic fed chicken and pork. No hormones in feed/humane treatment is a priority. <http://oldpinefarm.biz/>.

Farmers' Market Locations near you:

Tip: Bring your used plastic and paper grocery bags, canvas bags or baskets (and your kids to help carry things!).

Northville Farmers' Market

Sheldon Road at West 7 Mile Road, Northville, 48167
2009 Season: May 7 - October 29
Days and times: Thursdays only, 8:00 a.m. - 3:00 p.m.
Phone: 248-349-7640 (Chamber of Commerce)

Ann Arbor Farmers' Market (year round)

315 Detroit Street, Ann Arbor, MI 48104
2009 Season: January - April
Days and times: Saturdays only, 8:00 a.m. - 3:00 p.m.
2009 Season: May - December
Days and times: Wednesday & Saturday, 7 a.m. - 3 p.m.
<http://www.a2gov.org/market>
Phone: 734-994-3276

The Westside Farmers' Market

Jackson Avenue & Maple Road, Ann Arbor, MI 48103
(in parking lot of Zingerman's Roadhouse)
2009 Season: June 18 - September 24
Days and times: Thursdays only, 3:00 p.m. - 7:00 p.m.
<http://westsidefarmersmarket.com>

Plymouth Farmers' Market

In The Gathering, across from Kellogg Park, Main St.
2009 Season: May 9 - October 24
Days and times: Saturday only, 7:30 a.m. - 12:30 p.m.
Phone: 734-453-1540

Flexible Veggie Soup: add whatever you like best or what is available by season.

1 tbsp. vegetable oil
3/4 lb. boneless beef sirloin steak or beef top round steak, cut into 1/2-inch cubes (or substitute cubed chicken)
3 cups V8® 100% Vegetable Juice or tomato sauce
1 can (14 ounces) Swanson® Beef Broth (or chicken broth)
1/2 tsp. dried thyme leaves, crushed
1/4 tsp. ground black pepper
1 medium potato, cut into cubes (about 1 cup) or 1 cup rice
3 medium carrots, sliced
1 medium onion, coarsely chopped (about 1/2 cup)
2 stalk celery, thickly sliced (about 1/2 cup)
In Dutch oven over medium-high heat, heat oil. Add beef and cook until browned, stirring often. Pour off fat.
Add vegetable juice, broth, thyme, pepper, potato, carrot, onion and celery. Heat to a boil. Reduce heat to low. Cover and cook 30 min. or until vegetables are tender.

CSA Contacts