

ASBURY VILLAGE FARM NEWS

February 2010

Happy New Year! We are off to a wonderful new year full of hope that all (or at least most) of our resolutions will be met!! ☺

Well this is the first edition of what Charles and I hope will be a monthly newsletter about the farm. A bit of farm news and a bit of information about healthful living will be posted for your review and feedback. Any questions or comments members may have about what is contained in this newsletter can be sent to Curt who will either answer or forward your questions to someone who can answer them for you. We are lucky enough to have several shareholders who have expertise in the areas of health, nutrition and cooking who will contribute to this newsletter. We hope you enjoy!

Charles and Mary at Asbury Village Farm

HARVEST PARTY 2009



photos by Yvette Hendler

The harvest party was lovely! Michael made apple cider with his antique cider press, Diane Lassen made healthy fruit and veggie smoothies and Cheryl Karcher gckarcher1@embarqmail.com did a wonderful cooking demonstration! Diane is a member who is a nurse specializing in nutritional counseling. Her business cards are on the farm bulletin board and her web site is <http://www.womensnutritionmatters.com/>. Cheryl is a professional cook and has been providing free cooking demonstrations throughout the summer at the Asbury farm distribution room. She has taught us how to make some wonderful dishes and will be offering classes in 2010. Stay tuned for more

information about Cheryl's cooking classes! If you have special dietary needs or food allergies, Diane and Cheryl may be able to help you develop a healthy and delicious menu for yourself!

Other members shared their expertise with us as well! For example, Bernice won first place for her pickled beets at the Warren County Fair in 2009!! She gave Charles and I a jar and they were OUTRAGEOUS! She was kind enough to share her recipe with us and a copy was made available to share holders in the distribution room.



Virginia Fitch was the Farm's first Flower Manager and has spent the fall and winter recreating those blooms in a series of drawings. You can see more of her work at www.myartspace.com

photo (left) by Barbara Epprecht



The winter market was a successful experiment in growing and selling vegetables into the January season. ***(Last Market 10am-1pm Saturday February 13!!)*** We may pursue this again in the fall.

Nutrition Notes From Nurse Mary February 2010

“Omega-3 enriched” is in popular health news and on all kinds of food packaging lately. So why are we hearing so much about Omega-3 fatty acids? It seems to be a media and food industry response to public interest in healthy eating, which is likely a reaction to our obesity epidemic. Learning about good nutrition and healthy lifestyles is a wise investment in ourselves. Good health is our greatest asset. Summarizing from Wikipedia which cites a broad base of nutritional literature, Omega-3 fatty acids are an essential nutritional component of food known about since the 1930's. Growing scientific evidence reveals that omega-3 fatty

acids assist brain development and function (intelligence and learning), mental health (mood), cardiovascular health, and immune system function. Pregnant mothers and growing children should regularly eat foods containing omega-3 fatty acids. Foods with significant amounts of omega-3 fatty acids are butternuts, walnuts, pecan nuts, hazel nuts, salmon, herring, mackerel, anchovies, sardines, grass fed meat, milk and cheese from grass-fed cows, eggs from chickens fed their natural diet of greens and insects, strawberries, broccoli and purslane. If you can't or won't eat those foods regularly, flax seed- both whole seed and oil are excellent sources of omega-3 fatty acids. Buy whole flax seed because it stores better than pre-ground flax seed. Your health food store carries both. Store it in the refrigerator to keep it fresh. Use small amounts of whole seed in a hand grinder (like a spice grinder) and grind some on your food at every meal. I find my electric coffee grinder does this beautifully! I grind just the amount I will use in a day. You can put ground flax seed on almost anything without significantly altering the taste of that food. This morning, I put ground flax seed in some whole wheat crepes I made for breakfast. So go ahead and put it in or on your chicken salad sandwich, cereal, pizza, and anything else! Eating ground flax seed will also boost your fiber intake which is another healthy eating habit!

Mary Tolmie MSN RN CSN

Food Recall of Parkers Farm Inc. Products: check out their website for a comprehensive list of recalled items!

Medication Recall of children's Tylenol and Motrin products: Please check with your pharmacist regarding this recall!

2010 Plowing Frolic Saturday, April 10, 11am to 4pm.

Rain date: Sunday, April 11, 11am-4pm



photo by Ron Saxon

Visit www.asburyfarm.org in March for details.