



LeRoy Farmers' Market

Sheep to Shawl Demonstration a Success!

Last weekend's Sheep to Shawl demonstration was a huge success with many onlookers and two happy winners of the scarves, **Linda Holmes** and **Rita Tuescher**. Two sheep also went home happy that day, relieved of their heavy coats a little earlier than usual. Our thanks to all who participated in the process, especially the other spinner, **Laura Jacobson**, who we failed to mention in the last newsletter. Our gratitude also goes to all who bought raffle tickets. The market is now richer by \$154!



Photo by Amanda Sutherland

Laura Jacobson, Betsy Erickson, Nancy Jacobson, Joyce Richardson, Tasha Vandusen, and Runo Lorentzon pose with the sheep and scarf.



Runo shears the first sheep



Spinners: Laura and Betsy



Knitters: Joyce, Nancy, and Tasha

Inside this issue:

- GMOs: What they are and why be concerned 2
- Recipe: Red Peppers Stuffed with Corn... 2
- Recipe: Roasted Potatoes and Root Vegetables 3
- Recipe: Latkes 3
- Earthworm Facts 3
- Poem: Observation 4
- Upcoming Concerts 4

Where Does the Money Go?

Perhaps you've wondered where the money goes that the market gets from the vendors. First off, we charge the vendors 7% of their sales with a maximum of \$15. Other markets in our area charge more, but since we are just starting out, we want to give our vendors a break. This is a community-building project, as well as a market, and we want to be supportive of all who participate. Last year and this we applied for and gratefully received grant money from the Osceola County Community Foundation. This money helped us with the basic start-up expenses such as signage, port-a-potty, insurance, etc. The Village has been very generous and absorbed much of the insurance cost.

Still, there are many costs involved in running the market. This year we bought a tent to use for our musicians and demonstrators. The weather has blessed us with many Saturdays of sunshine, but performing in its heat can be taxing indeed! Our performers/demonstrators have generously offered their gifts for free because they believe in what we're doing, but we would like to give them more than donations since many of them make a living from their gifts. Gas money is just not enough for some of them. Part of community, to our mind, is not only receiving gifts, but also supporting each other's gifts. With that in mind, we are hoping to get a grant next year that will honor the contribution that music and the

arts add to our lives. We hope that as the market gets more well known, we will have enough money to recompense a market master for at least some of the work that is involved. Right now all work is voluntary and that is fine since the main objective is to get the market on its feet, support our farmers and craft persons, build community, and educate about our national and local food system. However, we cannot count on volunteers forever. And so one of our other objectives is to pay a fair salary to the Market Master. Your shopping here and bringing others to the market helps us to move closer to this goal. For that we thank you!

FOCUSING ON GMOs: WHAT THEY ARE AND WHY WE SHOULD BE CONCERNED

What does GMO mean? Genetically Modified Organism is the most common usage (though 'manipulated' or even 'mutated' might also be appropriate!) The acronyms GEO (Genetically Engineered Organism) or simply GM or GE are also used. Genetic engineering is a radical new technology that forces genetic information across the protective species barrier in an unnatural way. Why be concerned? One of many good reasons is that these laboratory-created mutations are unlabeled, virtually untested, and on grocery shelves everywhere.

Why should we care?

Genetic engineering of crops is a complex and controversial issue. It is also an issue with far-reaching implications for the environment and for people, for the way crops are produced and the world's people are fed.

What's wrong with them?

Advocates of GM crops argue that GM crops are good for the environment since they will reduce the amount of agrochemicals (pesticides and herbicides) that need to be used in crop production.

However, opponents of GM crops believe that these crops are a threat to the environment. The claim that

GM crops require fewer herbicides and pesticides has been proved wrong. They require fewer chemicals than conventional crops in the short term but gradually they need significantly more.

GMOs threaten plant biodiversity.

Planting GM crops is not a question of choice: once they are planted somewhere, crops elsewhere become contaminated by them. This could be especially disastrous for organic farmers. For example, although it is illegal to grow GM maize in Mexico, in 2001 researchers found that traditional maize varieties grown by farmers in two remote Mexican states had

GMOs are unlabeled, virtually untested, and on grocery shelves everywhere.

been contaminated with GMOs from GM maize. There are thousands of varieties of maize in Mexico. If contaminated by GMOs, these precious indigenous varieties could be irretrievably lost.

What are GM crops?

People have been selectively breeding or cross-breeding plants for centuries; for example, to adapt them to a particular climate or improve their yield. What makes genetic engi-

continued on page 4

Recipes

From "Vegetarian Cooking for Everyone," by Deborah Madison

Red Peppers Stuffed with Corn and Fresh Mozzarella

2 red bell peppers, halved lengthwise
 2 T butter
 1 bunch scallions, including the firm greens, thinly sliced
 2 ½ to 3 cups kernels from 5 ears of corn
 2 tomatoes, peeled, seeded, and diced
 1 fresh mozzarella cheese
 4 to 5 oz diced or 1 cup grated Cheddar or Monterey Jack
 2 T finely sliced basil leaves
 2/3 cup fresh bread crumbs
 Salt and freshly milled pepper
 Paprika

Preheat the oven to 375°F. Lightly butter a baking dish just large enough to hold the peppers.
 If the red peppers won't stand upright, slice them lengthwise in

half, leaving the stem end intact. Steam them for 5 minutes and set aside.

Melt the butter in a large skillet. Add the scallions, corn, and tomatoes and cook for 3 minutes over medium heat. Turn off the heat and stir in the cheese, basil, and half the bread crumbs. Season with salt and pepper. Fill the peppers and top with the remaining bread crumbs. Set them in the prepared dish, add a few tablespoons water to the dish, cover, and bake until the corn is hot and the peppers are cooked, about 25 minutes. Uncover and brown the tops under the broiler. Dust with paprika and serve.

Serves 2 to 4

ROASTING vegetables requires little more than washing, peeling, and tossing them with olive oil and herbs. Medium-sized vegetables are best since they have the maturity needed for flavor yet are small enough to be tender. To ensure even cooking and browning, use a pan large enough to hold the vegetables in a single layer. Serve these showered with any of the herb salts, with fresh Horseradish Sauce, or balsamic vinegar.

Roasted Potatoes and Root Vegetables

2 ½ pounds mixed root vegetables—potatoes, carrots, turnips, parsnips, beets, sweet potatoes, small onions or whole shallots

1 head garlic, separated into cloves but unpeeled

Several short rosemary sprigs or 10 sage leaves

3 bay leaves

Olive oil

Salt and freshly milled pepper

Preheat the oven to 450°F. Peel the vegetables, onions, and shallots. Cut everything into pieces roughly the same size except for the parsnips, sweet potatoes, and turnips, which cook faster and can be slightly larger than the rest. Toss the vegetables, garlic, and herbs with oil to coat lightly, then season with salt and pepper. Put everything in a roomy pan. Bake, uncovered, in the top third of the oven for 20 minutes, shaking the pan once or twice. Reduce the heat to 375°F and continue baking until the vegetables are tender when pierced with a knife, 20 to 30 minutes, depending on how large they are. Remove the bay leaves. If using one of the herb salts or vinegar, sprinkle it over the vegetables as soon as they come out of the oven.

Serves 4 to 6

Latkes: Potato Pancakes with Eggs and Onions

2 ½ pounds russet potatoes, peeled

3 eggs or 1 egg and 2 egg whites, beaten

1 white onion, grated or very finely chopped

¼ cup flour, toasted bread crumbs, or cracker crumbs

Salt and freshly milled pepper

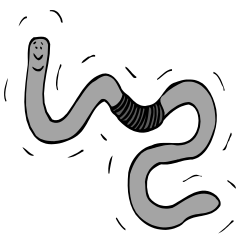
3 T clarified butter, vegetable butter, or a mixture

Peel the potatoes and coarsely grate them by hand or in a food processor. Put them in a bowl of water as you work. When ready to cook, drain the potatoes and wrap them in a towel to squeeze out the excess water. Return the potatoes to the bowl and add the eggs, onion, flour, 2 teaspoons of salt, and pepper to taste

Preheat the oven to 200°F. Film a heavy skillet with some of the butter and set it over medium-high heat. When hot, drop in the batter by spoonfuls and cook over medium heat until browned, about 6 minutes. Repeat on the second side. Put the finished ones on a plate and keep them in the oven until all are done. Serve with sour cream and applesauce or sour cream covered with a sprinkling of snipped chives.

Serves 6 to 8

Earthworm Facts:



A worm is as good a traveler as a grasshopper or a cricket, and a much wiser settler. With all their activity these do not hop away from drought nor forward to summer. We do not avoid evil by fleeing before it, but by rising above or diving below its plane; as the worm escapes drought and frost by boring a few inches deeper. — Henry David Thoreau

From "A Week on the Concord and Merrimack Rivers," 1849

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An Observation

by May Sarton

True gardeners cannot bear a glove
Between the sure touch and the tender root,
Must let their hands grow knotted as they move
With a rough sensitivity about
Under the earth, between the rock and shoot,
Never to bruise or wound the hidden fruit.
And so I watched my mother's hands grow
scarred,
She who could heal the wounded plant or friend
With the same vulnerable yet rigorous love;
I minded once to see her beauty gnarled,
But now her truth is given me to live,
As I learn for myself we must be hard
To move among the tender with an open hand,
And to stay sensitive up to the end
Pay with some toughness for a gentle world.



Photo by Amanda Sutherland

Katie Shaner played at our Farmers' Market on June 16th and will return on Sept. 15 with Billy Barnet

GMOs...continued from Page 2

-neering radically different from traditional breeding methods is that genes are transferred between completely unrelated species. For instance, animal genes are transferred into plants and bacteria genes are moved across to food crops.

Two main types of GM crops:

insecticide crops: these have had genes transferred from a natural bacterium so that they can act like insecticide plants and kill the pests that eat them;

roundup-ready crops: these have been made tolerant to specific herbicides, so that when these herbicides are applied only weeds and other plants are destroyed (roundup is a herbicide originally developed by the biotechnology corporation Monsanto).

Other GM crops include those that have been made resistant to fungal infections and those that have had their nutritional properties enhanced (such as golden rice which contains vitamin A).

Some farmers whose conventional crops have been contaminated by GM material have found themselves obliged to pay fees to biotech corporations (which have patented the GM material) or face legal action. In the words of a US farmer: Farmers are being sued for having GMOs on their property that they did not buy, do not want, will not use and cannot sell.

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GM crops are produced for corporate profit.

Seeds, and the chemicals that are required to grow them, must be bought from the multinational biotech corporations. Farmers are prohibited from saving and sharing seeds: every year they must buy more seeds and the associated agrochemicals from the corporations. The majority of farmers in developing countries struggle to afford even the most basic inputs (seeds, fertilizers, etc). Their survival depends on the age-old practices of selecting, saving and sharing seeds from one year to the next. GM crops do not allow farmers to do this.

By patenting GM seeds and their associated technologies, biotech corporations will consolidate their already worrying control over the world food market. They will exercise a monopoly over what we eat and what we plant with devastating effects, particularly in developing countries, for food security (people's ability to have access to safe and nutritious food at all times).

From www.saynotogmos.org.

Upcoming Concerts

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| Sept. 8 | Jack Pine Pickers |
| Sept. 15 | Katie Shaner and Billy Barnet |
| Sept. 22 | LeRoy Chime Group |
| Sept. 29 | Pam Bowman |



If you are or you know of musicians and/or demonstrators who would be interested in sharing their abilities at the market, please contact Amy Jo Prater, the coordinator for music and demonstrations, at 231-797-5685.