

Locally Grown News

Published by the Local Growers Guild of southern and central Indiana



Local Food Heroes

Art Sherwood – Local Food Hero

Art Sherwood of LIFE (Local Indiana Food Enterprises) was recently awarded First Place Local Food Hero by Bloomingfoods. Art has been actively involved with the Local Growers Guild from its early brainstorming stages in 2004. He has been interested in sustainable food production both here and internationally for

many years. Just this past year he jumped into farming himself, forming LIFE as a joint effort between his family and Jeff and Melissa Evard. They produce organic vegetables in Morgan County. Check out pictures of the farm on their website www.eatlifeup.com.

Two “runner up” Local Food Heroes were acknowledged. Brooke Gentile, executive director

of Mother Hubbard’s Cupboard in Bloomington, has been a great help in the kitchen incubator project, among her many contributions. Marcia Veldman, director of the Bloomington Farmers’ Market, has been working hard for years to provide direct sales opportunities for her fellow farmers.

Congratulations to all three and we look forward to seeing the nominations next year!

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Indiana Is Going Local

Folks who love Indiana’s fresh, local, and in-season foods now have a place to call home at GOING LOCAL-- www.goinglocal-info.com. The site showcases and celebrates Indiana farmers, food artisans, farmers’ markets, local foods, and producers. Going Local is a community for people who want:

- Recipes and tips for preparing seasonal dishes that are healthy, quick, easy, and delicious.
- A community for sharing thoughts, ideas, and experiences for “Going Local” in Indiana.

The site was launched in September 2007. Postings on the site include profiles about local foods and producers. Producers recently featured include Homestead Growers, Willowfield Lavender Farm, Hunter’s Honey, LIFE Farm, LLC, Gutwein

Popcorn, and Mt. Pilot Barbecue Sauce.

The site’s creator, Victoria Wessler, is looking for farms, CSAs, and businesses to promote. Listings in the Indiana Food Guide or CSA sections of the site are free for producers, as are profiles. Please contact her with questions at victoria@goinglocal-info.com. She would also appreciate your help in promoting the new site. Check it out and see what you think!



Why I Eat Local by Janice Lilly



Last night when my family gave thanks for our food at dinner, we thanked Jeff for the onions and the lettuce on the hamburgers from Mary and Alan. We thanked Jon and Keith for the potato salad. (All the ingredients came from their CSA except the salt, pepper, vinegar and oil. And I bought the cilantro-chipotle vinegar at the Farmers' Market in Salinas, Kansas.) We thanked Chester for the tomatoes and the peaches we had for dessert, and Linda for the flowers on the table. But this expression of gratitude for our food and for the relationships with the farmers is the endpoint not the starting point of why I buy local.

I wish I could say the starting point is based on some noble cause. But to be perfectly honest, the starting point is totally self-centered. I have never tasted a tomato that was shipped to a grocery store that could possibly compare in taste and visual beauty to one of Anthony's Green Zebras or Jeff's and Liz's Purple Germans or, my favorite, Jon's Jeune Flames. I've never tasted a blueberry muffin that could compare to one made with Lee's and Dale's blueberries and Teresa's fresh eggs. For several summers Bobbi's rhubarb transported my Mother back to her western Nebraska childhood of the 1920s. My teenage sons wait, impatiently, for the first zucchini (an Italian variety of zucchini) from Pete and Jon and the first Chantrelles gathered by Sean. As an extra bonus to the delicious flavors and visual magnificence, I am totally convinced that these fresh foods,

harvested at their peak and eaten within a day or two, are also much more nutritious for me, my family and guests in our home. So my first reasons for shopping locally are all about delicious food, gorgeous presentation and good health.

Nevertheless, there is a more rational, sensible, ethical side to my commitment to buying local. I spent my 20s and 30s working as an economist. The economics of buying local are important to me. The more participants a market, or economy, has the healthier it is. More participants tend to increase the variety and quality of the goods produced. This benefits me directly as a consumer. In addition, I receive many indirect benefits of living in a healthy local economy. When I buy local I increase the income of the local economy, which increases both the other business and the tax base. When I use the library, go to the pool, or picnic in Bryan Park, I benefit from the health of this economy.

The next reason for buying local connects my rational side with my emotional side. It's the environment. I have the opportunity to know how the food is grown. I am committed to buying mainly foods that are grown organically. I talk with farmers about their farming practices – and I get some great advice for my own garden. In learning about how the food is grown and who grows it I have confidence in the safety of the food I eat and serve to others. When I talk with farmers, I also learn about their feelings for their land and how they care for it, the history of their farms (which is part of our local history) and frequently about their lives and families. These

relationships strengthen our community. I contribute to the ecological diversity of our region by buying so many varieties of produce. Like economic diversity creates a healthy economy, ecological diversity creates a healthy environment. I also lessen the resources (especially petroleum) that are being used to transport food over long distances and to package the food so that it can be transported. In this period of increasing concern about climate change, it is more and more important to decrease our use of petroleum. Buying local is an important and logical step in caring for our environment.

So, I return again to gratitude. When my family moved to Bloomington fourteen years ago we were thrilled to discover the Farmers' Market. My children (then 1 and 3) loved going to the Market, always getting a muffin as a treat. Now, at 14 and 16, they sleep and wait for Mom and Dad to bring the muffins home. But when we bless our food at dinner and list the names of our friends who grow it, I believe I teach them to connect to the Earth, the community and the pleasure of eating delicious, beautiful and healthy food.

Janice Lilly lives in Bloomington with her husband Cary Buzzelli and their two teenage sons, Andrew and Charles. She appreciates all the local farmers who support her passion for cooking, eating and feeding others by growing such delicious food!

Upcoming Events

WELLNESS EXPO

BLOOMINGTON – UU CHURCH

NOVEMBER 9-10

An exposition about creating healthy communities by creating healthy citizens.

<http://www.indianaholistichealth.net/wellnessexpo.htm>

ALPACA TRAINING 101 –

WHITE VIOLET CENTER FOR ECO-JUSTICE

SAINT MARY-OF-THE-WOODS, IN

NOVEMBER 10TH 8:30-4:00

Learn about alpacas in this one-day seminar covering basic animal care, overviews of using alpaca fiber, and discussions of breeding. \$50/person or \$75 for two from the same farm.

To register, call 812-535-2930 or wvc@spsmw.org.

LGG BOARD MEETING

BLOOMINGTON – CALDWELL CENTER

NOVEMBER 14, 6:30PM-8:30PM

Our monthly board meeting will be held at the Caldwell Center at 304 S. Walnut Street. Please RSVP to Maggie at 812-345-1592 in case the date/time changes.

WILLOWFIELD LAVENDER

CHRISTMAS OPEN HOUSE

MOORESVILLE, IN

NOVEMBER 15-17

THURS/FRI 10-7; SAT 10-4

Start your holiday shopping with lavender gifts and stocking stuffers. Come have a cup of tea and share the warmth of Christmas at Willowfield Lavender Farm.

<http://www.willowfieldlavender.com>

HOLIDAY MARKET

BLOOMINGTON – SHOWERS BUILDING

NOVEMBER 23-24

FRI 5-9 (\$3), SAT 10-3 (FREE)

A Bloomington tradition of local food, local arts, and local crafts available for holiday shopping.

LGG BOARD MEETING

BLOOMINGTON – CALDWELL CENTER

DECEMBER 12TH, 6:30PM-8:30PM

Our monthly board meeting will be held at the Caldwell Center at 304 S. Walnut Street. Please RSVP to Maggie at 812-345-1592 in case the date/time changes.

Winter Activities

Bloomington Winter Market

The Bloomington Winter Farmers Market will be held in the Harmony School Gymnasium (2nd and Woodlawn) every Saturday from January 26th through March 29th. If you have not submitted a vendor application but are interested in participating, please contact Linda Chapman at 812-585-0809 to find out if there are still spaces available.

Come to the market for music, good food, good friends, and a great way to keep eating locally during the cold months!

Winter Guild Gathering

Our January 19th event at Harmony School will be all about how to market ourselves and expand into new markets. Details coming soon!

Winter CSA

Seldom Seen Farm is offering a Winter Community Supported Agriculture (CSA) program this year. While many CSA programs operate on a fixed fee basis (e.g. you pay \$400 at the beginning of the season and are given a box of produce each week), this CSA is

offered on a credit/debit basis. Members deposit money in an account and then place orders on a weekly basis. Their account is debited based on how much they order each week.

Seldom Seen Farm is a locally driven market located in Danville, Indiana. Their pickup points for the Winter CSA will be at Traders' Point Creamery and Broad Ripple High School. For more information, contact John Ferree at 317-509-7828 or john@seldomseenfarm.com.

Summer CSA

Speaking of CSAs... Most of the summer CSA programs are winding down but consumer demand just keeps increasing! Consumers might want to sign up now to make sure they get a spot. Producers who are thinking about starting a CSA program, please let us know so we can help spread the word. We also like to hear from folks like Core Farm CSA, who started a winter CSA this year and have already filled it from their existing summer membership. Congratulations!

Classifieds

EQUIPMENT
1996 S10 Pickup with camper shell. Runs great. \$1995. Beehive with bees and equipment - \$225. Toledo Hanging Scale - \$150. Chatillon Hanging Scale - \$100. Call Michael Hicks 812-279-9239.
ANIMALS
Need a pig to eat your leftovers? Contact Rebecca Fiedler at 812-836-4348 for pricing.
HAY
Gail Littell has about 80 small square bales of organic hay for sale. \$6/bale. Call 812-883-6171 or 812-620-3180.

LAND
Barn apartment available at LoveLand Farm. Call Steve Love at (812) 988-2958.
Farm for rent in Washington County with 90 wooded acres & 10 tillable organic acres. Call Gail at 812-883-6171 to discuss.
MISC
Jason Gavrilic is taking orders for handmade wooden market crates (1/4, 1/2, or full bushel). Call 812-865-3353.
Marsha Cassidy is looking for a business partner to develop an agribusiness on ~10 acres in Monroe County. 812-332-3065.

FARM LABOR
IU Students for Sustainable Food has 10 students looking for a one-day farm experience. Call Vanessa at 812-822-1428 or e-mail iufood@indiana.edu .
BULK PURCHASING
Randy Stout has organically grown winter rye for sale \$10/50-lbs. He also has berry flats. Call 317-554-9211.
Jeff Evard is buying Fertrell soil amendments in bulk and is willing to deliver 1/2-pallette orders. Call 765-528-2887.

CONGRATULATIONS
Congratulations to Steve and Amalia Krecik of Five Oaks Farm on the birth of their son Evan Gerard Satya Pranama Krecik, born on September 7th.

Classified ads are free to members (please limit to 3 per newsletter) and \$5 for non-members with a 30-word maximum. Entries can be sent by e-mail to localgrowers@localgrowers.org or contact Maggie Sullivan by phone at 812-345-1592 no later than December 20th.

About Our Organization...

The Local Growers Guild is a cooperative of growers in southern Indiana dedicated to promoting local food. Our mission is to educate, support, and connect local growers, consumers, businesses, and communities.

We publish a "Local Growers Guide" annually, with information about why, how, and where to buy local food. We also run the Bloomington Winter Market, an indoor farmers' market providing access to local food from January through March.

We have three categories of membership – grower, retailer, and community member. Our website has additional information about becoming a member as well as many resources about local food.

For additional information, please contact us at localgrowers@localgrowers.org or 812-345-1592.

Thank you for supporting local agriculture!

LOCAL GROWERS GUILD

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www.localgrowers.org

