



TRACTOR, TROWEL & TABLESPOON

Seasonal Newsletter of the
Healdsburg Certified Farmers' Market
visit our updated website! www.healdsburgfarmersmarket.org

Fall 2010

Grower's Profile:

John Kearns Of Healdsburg Farm Fresh Eggs and Produce



Salmonella enteritidis bacterial contamination has caused thousands to become sick and launched the biggest nationwide recall of eggs in U.S. history. Millions of shell eggs have been recalled in this preventable episode that implicates industrialized farming practices and shows how the lack of oversight has the potential to sicken our populace.

However, we have great local options.

John Kearns owner of Healdsburg Farm Fresh Egg and Produce has a small farm just outside of Healdsburg. Along with freshly grown produce, he has 150 hens laying eggs for local consumption. Now known as "range fed" or "cage-free" traditionally-raised chickens lay eggs with harder shells and thick, deep orange yolks.

According to *Mother Earth News*, eggs from pastured hens provide **two-thirds more vitamin A**, two times more omega-3 fatty acids, three times more vitamin E and seven times more beta carotene, while being lower in cholesterol and saturated fat than their cousins confined in CAFOs, (Concentrated Animal Feeding Operations).

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Dave Legro

Fishing Vessel Bumblebee Fish Sales

Friends don't let friends buy farmed salmon

Dave will NEVER, EVER sell farmed Salmon at the Farmers' Market and every Saturday and Tuesday he will be happy to tell you why. He is dedicated to finding the best fresh, WILD salmon available, but this year he had to cover the word "local" on his banner. (see below)The duct tape over the word is a reminder that our local fisheries are in trouble. For the third year in a row, fishing has been restricted to just a few token days in an attempt to allow the diminishing fish populations to replenish themselves.

This year, the Federal government confirmed that factory and hatchery raised fish are threatening wild fish populations. Recently, the Food and Drug Administration put the brakes on allowing genetically modified salmon to enter the food chain. Issues such as these, as well as declining freshwater habitats for salmon, were far off on the horizon when Dave moved to California following his service in the Vietnam War in the 70's. After earning a degree in English Literature at the University of California, Berkeley, and a second degree in Criminology in 1974, Dave became a commercial fisherman. The salmon fishery was still thriving in Northern California.

After thirty-two years in Law Enforcement, Dave retired as a Detective Sergeant with the Sonoma County Sheriff's Department. Now he is once again a fisherman and advocate for wild fisheries. His boat, The Fishing Vessel Bumble Bee has been sitting in its berth



Dave Legro

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John Kearns *Continued from page 1*

Now a three year Healdsburg Farmers' Market veteran, and a five-year egg farmer, John regularly sells out of eggs before the end of the market. He sells around 40 dozen eggs a week, 2/3 of them at the farmers' market. The other third he sells to regular customers, delivered to their doors.

There are four roosters among the hens and these gorgeous guys get along well, although they have a distinct pecking order. The fowls' diet of chicken scratch is augmented by fresh greens and tomatoes from the garden, bugs from the field, trimmings from left over produce from local stores and discarded bread from Costeaux French Bakery in Healdsburg. Yes, John feeds gourmet bread to his chickens. Lucky clucks.

John keeps the chickens penned up at night due to local predators such as coyotes and foxes, raccoons and hawks. His is a no-kill, no-cull operation. When a chicken reaches the end of her laying time, she'll live out her natural life in her open field. .

Where do you buy your eggs? Do you buy from a local source or do you buy factory-farmed eggs and have to check your cartons to see if they've been recalled? Local is healthy, tasty and good for the environment.

This article was adapted with permission from **Healdsburg's Lucky Clucks** by Ann Caranza which appeared online at: <http://yourtown.pressdemocrat.com/2010/09/healdsburg/healdsburgs-lucky-clucks/>



Eric Smith and Pascal Destandau of Pugs Leap Farm... look for their goat's milk cheese returning this fall.

SHOPPING WITH THE CHEF

and enjoy a **Cooking Demonstration**

October 16 at 10 A.M.

Franco Dunn from Scopa

November 13 at 10 A.M.

Carrie Brown & Peter Brown

Thanksgiving side dishes from the Jintown Store

Dave Legro *Continued from page 1*

in Bodega Bay all summer. Normally, the commercial wild salmon season begins around the Fourth of July and continues through September, but after three consecutive years of fishing restrictions, Dave has had to bring in wild fish from afar. "I am dedicated to the wild fish. We have to find them and enjoy eating them so we don't forget how superior they are to farmed fish."

Dave sources his salmon from Alaska, Canada, Washington and Oregon; the whole fish are flown via overnight service into SFO, and Dave filets and sells them within two or three days of the catch. (Most fish in grocery stores are held up to two weeks.) He also brings us local halibut as well as other delicacies from the sea. Dave will have fresh local crab after the season opens at the end of November. He also continues to support fishermen of the Gulf of Mexico by selling their wonderful shrimp.

This is Dave's third year serving on the Farmers' Market Board, and this year he is the Treasurer. We all appreciate Dave's dedication to local, wild fisheries, good cooking, and steering the farmers' market on a steady course toward sustainability.

Eggs from Healthy Hens at the Farmers' Market:

Early Bird's Place

Preston Farm

Foggy River Farm

Ridgeview Farm

Healdsburg Farm Fresh Eggs and Produce

Vyborny Ranch

Wyeth Acres

Hector's Honey

Eggplant Salad With Sonoma Spice And Seed Crust, Tomato Salsa and Verjus Herb Sauce

Victoria Blumenstein brings her Dukka and recipes to our Saturday Market. Dukka is an ancient blend of almonds, sesame seeds, and spices. It can be enjoyed as a dip for bread, vegetables, and combined with olive oil, or as a lovely crust for chicken or fish or in this case...eggplant.

2 small eggplant – cut into rounds
½ cup Sonoma Spice and Seed Dukka
½ cup corn starch
1 egg
Sea salt and pepper to season
2-4 Tbls canola or safflower oil

Fresh Herb Sauce

1 cup Preston olive oil
½ cup arugula
¼ cup basil leaves
¼ cup flat leaf parsley leaves
1 ½ tsp sea salt
1 tsp sugar
½ cup Terra Sonoma Verjus

Tomato Olive Salsa

½ cup diced ripe tomato
2 onions diced
6 Ceragnola olives diced
1 chili minced
Sea salt and pepper to taste
1 Tbl Vivo Vinegar (syrah)
¼ cup Preston olive oil

Make the salsa first – set aside

Dust the eggplant with corn flour then dredge in the egg, followed by the spice coating

Heat the olive oil in pan and gently shallow fry the eggplant on each side

Combine the herbs and the olive oil, salt and sugar in a food processor and whizz

Add the Verjus to finish sauce.

Layer the eggplant and arugula and drizzle the sauce and salsa over the top.

Serves 6 – leftover sauce can be used as a pasta sauce, or even as a dipping sauce for bread.

Pumpkin Festival



Saturday, October 30th

Join us for this
Healdsburg tradition at
10 a.m.

For more information go to www.healdsburgfarmersmarket.org

Thank You For...

Volunteering

Chris Baldenhofer
Shelley Clark
Wendy Dayton, Vista Graphics
Alan Foppiano
Callie Haun
Taya Levine
Nora Linville
Katie Wetzel Murphy
Vickie Norris-Webistree.com

Janet Norton
Susan Rose
Barbara Wollner
Jon Wright Feed

Donations

Cindy Daniel and Doug Lipton
Healdsburg Chamber of Commerce
Thankfully, there's Healdsburg
Healdsburg Garden Club

2010 Farmers' Market Board of Directors

Russ Messing, President
Deergnaw Olive Oil

Sharon Vyborny, Recording Secretary, Vyborny Ranch

Dave Legro, Treasurer, Fishing Vessel Bumblebee

Emmett Hopkins, Publicity, Foggy River Farm

Kelly Sullivan, Publicity, Wyeth Acres

Mary Kelley, Market Manager and Newsletter Editor
Mary@HealdsburgFarmersMarket.org

Hanna Inman, Intern/Market Assistant



The purpose of this organization is to plan, maintain and protect the Healdsburg Farmers' Market, which:

- Provides for the direct marketing of high quality, reasonably priced produce for the benefit of producers and consumers;
- Educates the public so they will understand the importance of supporting local, sustainable agriculture, and preserving the agricultural heritage and character of the City of Healdsburg and the surrounding community;
- Raises awareness of the health benefits provided by the growing and availability of fresh, seasonal produce to the individual and the community.

HEALDSBURG CERTIFIED FARMERS' MARKET

P.O. Box 2198

Healdsburg, CA 95448



DATES TO REMEMBER

2010 Events

Pumpkin Festival

Saturday, October 30th
Pumpkin Car Races, Pumpkin Carving

Arts and Crafts Fair

November 6th, 13th, 20th, 27th

Go to

www.HealdsburgFarmersMarket.org

for

Craft Vendor Application

Market Reopens

Saturday, May 7, 2010

Healdsburg Certified

Farmers' Market

P.O. Box 2198

Healdsburg, CA 95448

707.431.1956

Saturday Market

North and Vine Streets

One Block West of the Plaza

9:00 a.m. to Noon

May 1st through November 27th

Music Every Saturday

(see website for list)

Tuesday Market

In the Purity (Cerri) Lot

One block north and one block west of
the Plaza at North and Vine Streets

4:00 p.m. to 6:30 p.m.

June 1st through October 26th

For more information go to

www.HealdsburgFarmersMarket.org

Farmers' Market Tee-shirts

Featuring Art Read's Original 1978 Market Truck. All proceeds from the sale of these 100% Organic Cotton shirts, as well as caps and tote bags, support the Farmers' Market and events such as the Zucchini and Pumpkin Festivals.



Lo-ca-vore (lo'kavoy) noun 1. someone who eats food grown or produced locally. 2. living the locavore life!



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- Tips from the farmers
- Upcoming events

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HealdsburgFarmMarket



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