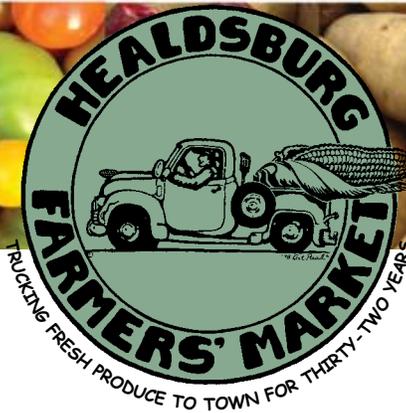




TRACTOR, TROWEL & TABLESPOON

Seasonal Newsletter of the
Healdsburg Certified Farmers' Market

visit our updated website! www.healdsburgfarmersmarket.org



Spring
2010

Alex and Sharon Vyborny



"You can never have too many onions!"

There are small patches of onions and garlic framed by low grape stake fences all around the Vyborny's Farm, which sits on Rockaway Creek near Geyserville in Alexander Valley. While visiting there, I finally get to ask a question that I have wondered about for years: What's the difference between scallions, green onions, and spring onions? Sharon explains that scallions are also called "salad," or "green" onions. They are long and slender with a thin bulb and are often chopped up, stem and all, for salads.

Spring onions are young onions that are harvested before they reach maturity. We see these at the market in May. The harvesting of mature onions takes place when the leaves lose color, and the tops weaken and start to fall naturally, usually in May/June. Watering is stopped at this point. When the majority of the tops have fallen, the rest are pushed down so they lay over the next row of onions to shade them from the sun. They are left in the ground for another 10-14 days to let them start drying. After being pulled, the tops are trimmed 1-2 inches above the bend in the stalk. They are separated on pallets and put in the barn where it is dry, shaded, and there is good air circulation. This is where they finish drying.

"I love it when people return to the market in May," Sharon says. "They like to pick up the green onions and breathe in; you can still smell the freshness of the earth on them. I also love it when loyal customers return and say how glad they are to see us back at the market.

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Music that Complements... but doesn't compete with the farmers' conversations at the Market

- May 1 Mountain River Valley Boys
- May 8 Maria Jameau and Blue Brazil
- May 15 Rosetown Ramblers
- May 22 Diego Jameau
- May 29 The Hicktones
- June 1 Mountain River Valley Boys
- June 12 Chris Herrod
- June 19 Bob Laughton
- June 26 Rosetown Ramblers
- July 3 Mountain River Valley Boys

Tuesday Market on the Purity Lot

On June 1st, the Tuesday Farmers' Market will open at 4:00 p.m. on the lot next to the Purity (Cerri) Building. The old fruit warehouse will cast some nice shade on the farmers on the hot summer days, and the restored Foss Creek will be a pleasant eastern border to our market. The location is the corner of North and Vine Streets, just north of where the Saturday Market takes place.



Painting by John Farnsworth

Alex and Sharon Vyborny

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Sharon reminds me that nearly every meal begins with sautéing onions. It's best to warm the butter and oil a little first, taking care not to allow it to burn, then add generous portions of onions to cook slowly over a low fire. The onions are ready when they are translucent and before they brown. Onions are so basic, but so often overlooked as an important ingredient; it is always important for a kitchen to have a generous supply of onions on hand.

The Vybornys deliver their produce to the market in a '49 Ford pickup that belonged to Alex's Aunt and Uncle, who were almond farmers in Delhi, which is near Turlock. Almost everything in their home has a story similar to that, and I am especially fascinated by the old, porcelain, farmhouse sinks. One was found at Recycle Town, another came from a friend who modernized her home. I can easily imagine the hours of washing vegetables, washing dishes, and bathing babies at these sinks.

Sharon began selling at the market twenty years ago when her son Ben was seven years old; she thought it would be something that they would enjoy doing together, and also a good way for him to learn to count and make change. They were a good team for many years, and in High School he still helped set up for the market. Ben studied viticulture at Cal Poly, San Luis Obispo, and after graduating he has returned home to grow grapes with his father and help maintain farming equipment. Daughter Sophie holds a degree in Marine Biology from Humboldt State and lives in Eureka; every once in a while she joins her mom at the market.

Sharon's family name is Schortzman, and she was born in Huron, South Dakota. Most of her relatives are still farming around Huron. In 1960, her parents brought Sharon and her brother and sister to Merced. She met her future husband Alex in high school there. After he graduated from UC Davis in Plant Science and she graduated from Stanislaus State in Sociology, they moved to Sonoma County. She received her nursing degree from the Santa Rosa Junior College, and worked as a registered nurse at Healdsburg Hospital until 2003.

Sharon is doing a great job as Recording Secretary on the Farmers' Market Board. We hope to finish all of our board business before May, so she and the other growers on the board can devote their time to farming. The Vybornys usually take lemons, artichokes, and the green onions to the May Farmers' Market. Over the summer they will also have onions, garlic, green beans, Navajo thornless blackberries, summer squashes, walnuts, nectarines, Asian pears, figs, tomatoes, peppers, beets and eggplant. Later in the fall they will have table grapes, winter squash, pumpkins, pomegranates, and Indian corn. Sharon and Alex also planted potatoes his year.

I was telling Sharon about the Farmers' Market Facebook Page, and she reminded me that the market is such a fun, social event where real face to face social networking takes place. "We develop friendships there," she adds. "We share recipes, and we get to see people that we don't usually get to see." It will be great for all of the familiar faces to be back at the Market on May 1st.

SHOPPING WITH THE CHEF



Everyone is invited to meet Donna Del Rey and the chef near Foss Creek Bridge at 10 a.m. Then follow along as we stroll through the market, talking with the farmers and gathering ingredients along the way. At 10:30 a.m. we will return to Foss Creek for a cooking demonstration.

Donna's private classes will continue back at the Cooking Center on Matheson Street for a hands-on learning workshop where participants will prepare a four course lunch. For more information, contact Relish at 431.9999 or www.relishculinary.com

June 12 th	Victoria Rezonja
July 10 th	Gayle Sullivan
August 14 th	TBA

Matching SNAP Dollars



The US Department of Agriculture provides Food Stamps, which are now known as SNAP, the acronym for the Supplemental Nutrition Assistance Program, as well as WIC (Women, Infant, Children) Coupons and Senior Farmers' Market Coupons. Enrollment in the Federal Food Stamp Program grew 43% between October 2007 and October 2009.

We want to do everything we can to make fresh fruits, vegetables, and eggs available to those who are on limited incomes. Many of our farmers have accepted WIC and Senior Coupons for the last decade, and continue to do so. This year, an Electronic Benefit Terminal (EBT) will be located at the Market Table along Foss Creek to accept SNAP.

To jump start SNAP participation at the market, our Farmers' Market has decided to donate \$100 dollars to match the first \$100 SNAP dollars spent at the market. (With a \$10 cap per individual). We hope that other organizations, churches, businesses, or individuals will step forward and make similar donations so that every dollar provided by the USDA is matched by a local dollar. Then the shopper will have a better choice; they can choose to spend one dollar at a grocery store, or two dollars at the Farmers' Market where the food is often fresher, more nutritious, and the dollars go directly into the hands of local farmers and are cycled back into the local economy.

Please contact Mary@HealdsburgFarmersMarket.Org if you or your organization would like to match SNAP, WIC, or Senior dollars with additional funds. Also help us spread the word that the Farmers' Market's prices are reasonable, and that we welcome SNAP, WIC and Senior Coupons at the Market. We are also looking for volunteers to help with the EBT at the Market Table.

ONION RECIPE FROM SHARON VYBORNY

FOUR ONION SPAGHETTI

from The Wine Spectator

- 1 medium red onion, cut in half and thinly sliced
- 1 medium yellow onion, cut in half and thinly sliced
- 3 green onions, trimmed and sliced
- 6 Tbsp. butter
- 2 tsp. fresh thyme
- ¾ cup dry white wine
- ¾ pound spaghetti
- 6 ounces Teleme or Fontina cheese, grated or diced (2 cups)
(I use Fontina.)
- Freshly ground black pepper, to taste
- ¼ cup minced fresh chives

In a wide saucepan, cook the onions gently in the butter over low heat until soft, stirring them occasionally, about 30 minutes. Try not to let them brown. Add 1 tsp. of the thyme and all the wine. Cook for 10 minutes and remove from heat.

Cook the spaghetti until al dente. Drain and place in a serving dish. Add the remaining thyme and the cheese to the onion mixture, stirring until the cheese melts. Toss with the spaghetti, season with black pepper and sprinkle it lavishly with chives.

Serves 4 to 6

Healdsburg Certified Farmers' Market

P.O. Box 2198
Healdsburg, CA 95448
707.431.1956
www.healdsburgfarmersmarket.org

Saturday Market

North and Vine Streets
One Block West of the Plaza
9:00 a.m. to Noon
May 1st through November 27th

Tuesday Market in the Purity Lot

4:00 p.m. to 6:30 p.m.
June 1st through October 26th



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

Dayton Hiles
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.

Thank You For...

In-Kind Services

Augustin Beltran
Judy Biondolillo
Wendy Dayton, Vista Graphics
Vickie Norris
Barbara Clough Tuscany
Jon Wright Feed

Donations

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

Volunteering

Susan Rose
Janet Texas



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Discover More About Us!

- Current produce at the market
- Tips from the farmers
- Upcoming events

FREE tote and tee to our 1000th Facebook Fan

DATES TO REMEMBER

2010 Events

Farmers with Early Produce
Will Join the City of Healdsburg
In Celebration of

Arbor Day

Saturday, April 24th
In Giorgi Park

Saturday Market

North and Vine Streets
One block west of the Plaza
9:00 a.m. to Noon
May 1st through November 27th

Shop with the Chef
and Cooking Demonstrations
With Relish Culinary Adventures
Every Second Saturday of the Month
beginning in June

10:00 a.m.

Tuesday Market

In the Purity (Cerri) Lot
One block northwest of the Plaza
North and Vine Streets
4:00 p.m. to 6:30 p.m.
June 1st through October 26th

Lavender Day

Saturday, June 26th

Market's 32nd Birthday

Saturday, July 17th

Zucchini Festival

Saturday, August 21st
Zucchini Car Races and Giant Zucchini Contest

Pumpkin Festival

Saturday, October 30th
Pumpkin Car Races, Pumpkin Carving

Arts and Crafts Fair

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

For more information go to
www.healdsburgfarmersmarket.org

Farmers' Market Tee-shirts

Art Read's Original 1978 Market Truck.
The back of the shirt defines what
"Living the Locavore Life" is all about!
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 (lō'kāvōr) *noun* 1. someone who eats food grown or produced locally. 2. living the locavore life!

Saturday Market

North and Vine Streets
One block west of the Plaza
9:00 a.m. to Noon
May 1st through November 27th
(Including the Saturday
after Thanksgiving)
Rain or Shine

Tuesday Market in the Purity (Cerri) Lot

One block northwest of the Plaza
North and Vine Streets
4:00 p.m. to 6:30 p.m.
June 1st through October 26th

Music Every Saturday

Graphic Design by
Barbara Tuscany

 Printed on Recycled,
and Recyclable paper