



Fresh Earth

a guide to Living wisely

Uncle Buzzbee says: "Give 'Em A Drink!"

Imagine just one bee's work for a day, attending to least 2,000 flowers, beating their wing 10,000 time per minute, carrying pollen, going back in their hive, going to their selected comb and making honey with their spit, pollen, and wax.

Sounds exhausting, right?

Bee do get thirsty, and they do need a water source. They tend to find the nearest water source but the problem is water is not always available. Sometimes, with luck, bees will find a puddle of water from recent sprinkler activity or spilled juice on the ground.

Bees need very shallow water to drink from, but shallow water evaporates quickly. Birdbaths are not a good option because birds can be nearby and it may not be shallow enough. and simple wind gush can For bees with pollen on them, drinking is a difficult task, and often can result in drowning. Due to the added weight of the pollen.

What they really need is a bee fountain.

This instructions are very easy, and only require 3 items. It will give the bees plenty of water, and safe place to land on and off without problems.

Step 1: All you need

1 - a bag of clear non toxic decorative water balls from your local craft shop

2 - an metal dog dish or galvanized metal mini tub

3 - water

First find out how much volume your metal or galvanized mini tub can hold. Then, find out how much water is needed to fill up your water balls.

When done measuring put water balls and water in the bowl/tub and let sit for few hours. If you use hot water, the water balls will expand quicker.

Step 2: Set it outside

Set your bowl/tub outside, preferably in the shade, in a place with flowers nearby. That's it.

To maintain these water balls, simple rinse the balls once a week or so in a sieve. Rinse the bowl as well. Pour the balls back in the dish/tub and add water at least 1/3 way up.



Join the wise gentlefolk from **Bee Haven Acres**—**Uncle Buzzbee, Aunt Bee & Reggie Veggies** as they share with you their tips and information from a down-to-earth, practical, simple living, how-to standpoint.

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Special Days:

June is **National Iced Tea Month**

June 3: Egg Day

June 11: Corn on the Cob Day

June 17: Flip Flop Day

June 26: Take Your Dog to Work Day

Poetry for the Season

The fountain murmuring of sleep,

A drowsy tune;

The flickering green of leaves that keep

The light of June;

Peace, through a slumbering afternoon,

The peace of June.

- Arthur Symons



Special points of interest:

- ♦ Farmers Market Contact Information
- ♦ Mission Statement

Things to do this month:

Celebrate **National Iced Tea Month** by grabbing an iced tea and heading out to a hammock strung under a shady tree.

On **National Egg Day (June 3)**, enjoy a terrific source of protein and vitamin D, which makes them one of the healthiest breakfast foods.

Did you know that there are more than a hundred ways to cook an egg? Some of the most popular varieties are scrambled, fried, poached, hard-boiled, sunny-side up, and over-easy.

While the eggs that Americans typically consume come from chickens, a wide range of poultry (like ducks and geese) provide tasty gourmet egg varieties. Quail eggs, for example, are considered a delicacy in many countries.

With the official start of summer just a few days away, the timing is perfect for **National Corn on the Cob Day (June 11)**.

Fresh corn on the cob is a summertime treat that people from all corners of the United States look forward to as we start the picnic season.

Corn on the cob is also known in different regions as pole corn, cornstick, sweet pole, butter-pop or long maize. It is a sweet corn that is picked when the kernels are still tender when it's in its milk stage.

Boiling, steaming, roasting or grilling are the most common ways of preparing corn on the cob. If it is grilled or oven roasted, the corn is usually left in its husk during the cooking process.

Proper dinner etiquette for eating corn

June Weather Lore

June is a wonderful and busy month for those finishing up a school year. But it's also a time when the weather can get quite warm.

Here are some fun weather lore sayings about June:

If Midsummer Day (June 24) be ever so little rainy, the hazel and walnut will be scarce; corn smitten in many places; but apples, pears, and plums will not be hurt.

A good rain in June sets all in tune.

says it is appropriate to hold the cob at each end with your fingers.

So, get the butter and the salt shaker ready, gather up some friends, start your grill and enjoy some corn on the cob.

If you're tired of keeping your feet in stuffy shoes and need an excuse to expose those toes, **Flip-Flop Day (June 17)** may just be the answer.

People have been wearing flip-flops for thousands of years, with the earliest wearers being the Ancient Egyptians in 4000BC. Since then, the sandals have been worn throughout the world and have become a favorite for people enjoying a relaxing day at the beach or walking around in the sunshine. Flip-flops got their name because of the slapping sound they make against the ground when you walk in them!

Dig out your favorite pair of flip-flops and take a stroll along the beach or through the park. If the weather isn't quite right for sandals, you could put on some warmer footwear and go shopping for a great new pair of flip-flops to be more prepared for when the sun does arrive! Not feeling like leaving the house at all? Why not put on flip-flops instead of your usual slippers and wear them at home to get yourself in the mood for summer?

Let Fido do your filing on **National Take Your Dog to Work Day (June 26)**.

Workplaces all over the country will participate in Pet Sitter's International annual event, which invites employees to come to the office with their four-legged friends for this one special day.



The north wind in June blows in a good rye harvest.

An early harvest is expected when the bramble blossoms early in June.

If June is sunny, the harvest will come early.



Ask Reggie

Dear Reggie:

What makes a plant useful to, and popular with bees?

- Signed, "What's the Buzz"

Dear "Buzz",

During the Spring and Summer, all types of bees (and other pollinating insects) are rearing their broods.

A typical honey bee colony may consist of around 50,000 to 60,000 workers, as well as larvae to feed.

Bumblebee colonies may be fragile - fewer than half survive, and solitary bees are in need of undisturbed nesting sites, as food is gathered for storing in egg cells to feed newly developing larvae.

Plenty of bee friendly plants are therefore vital during the Spring and summer to ensure survival of the colony.

A few examples are:

Forget-me-not (Myosotis), Foxglove (Digitalis), Crane's-bill (Geranium), Poppy (Papaver), Honey Suckle (Lonicera), Sweetpea (Lathyrus), Lupin (Lupinus), Rosa rugosa, Columbine (Aquilegia), Penstemon, Salvia and Allium.

During the late summer and autumn, these plants will continue to feed late developing broods, as well as those bees that have already developed into working adults.

I would definitely encourage you to grow cornflowers, solidago, lavender and scabious in your garden. They are great bee attracting plants!



Aunt Bee's Recipes — for life, love and the pursuit of “me” time

SUMMER VEGETABLE FRITTATA

Ingredients

1 1/2 tbs	olive oil
1 c	diced zucchini
1/2 c	red bell pepper, chopped
1/3 c	chopped onion
1 tbs	chopped fresh thyme
1/2 tsp	salt, divided
1/4 tsp	freshly ground black pepper, divided
2	garlic cloves, minced
1/2 c	tomato, chopped & seeded
9	large eggs

Directions

Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat. Add zucchini, bell pepper, onion, thyme, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and garlic. Cover and cook 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomato. Cook, uncovered, for 5 minutes or until liquid evaporates.

Combine eggs, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in the center.

Preheat broiler.

Broil frittata 3 minutes or until set. Invert onto a serving platter; cut into 8 wedges.

Fresh seasonal produce makes this Italian omelet shine.



GARLICKY FIDDLEHEAD FERNS

Ingredients

1/2 lb	fiddlehead fern
3	garlic cloves, peeled and finely minced
2 tbs	fresh herbs (basil, parsley, thyme, lovage)
2 tbs	olive oil and butter or ghee, olive oil and lard, or your choice of oil/fat

Directions

Wash the fiddleheads. Remove any fuzz found in the “curl” of the fiddlehead (easily done by running a finger through the curl or simply rinsing with plenty of water).

Dry.

In a large skillet heat oil/fat, until hot and add the fiddleheads and garlic cloves.

Cook over medium heat, stirring occasionally, until the fiddleheads are soft with just a hint of crispness left to them.

In the last minute or two, add the herbs, salt and pepper to taste, and then serve while hot.



HOMEMADE STRAWBERRY NECTAR

Ingredients

2 c	fresh strawberries, sliced
1/4 c	unsweetened apple juice
2 tbs	water

Directions

Combine strawberries and apple juice in blender or food processor.

Puree until smooth, then blend in water to your desired thickness.

Aunt Bee's Recipes — for life, love and the pursuit of “me” time

GREEN GODDESS CHIVE DRESSING

Ingredients

1/2 c	mayonnaise
1/2 c	sour cream
1/3 cup	chopped fresh chives
1	chopped green onion
1	clove garlic, peeled
1 tbs	tarragon vinegar
1 tsp	chopped fresh tarragon
1 tsp	white sugar
1 tsp	Worcestershire sauce

Directions

In a blender or food processor, combine mayonnaise, sour cream, chives, green onion, garlic, vinegar, tarragon, sugar and Worcestershire sauce and blend until smooth.

Season to taste with salt and pepper.

Cover and refrigerate until serving. It will keep up to three days in the refrigerator.

Chives are a perennial member of the onion family that sport beautiful purple flowers.

Chives are cool-season, cold-tolerant perennials that are planted in early spring.

Be mindful when planting this herb, as it will take over your garden if the flowers are left to ripen (the flowers scatter the seeds). However, this plant is easy to dig up and move if it overwhelms your garden.



ASPARAGUS SUMMER SALAD

Ingredients

2 lbs	thick asparagus, cut into 2-in. pieces on the diagonal
2 tbs	fresh lemon juice
2 tbs	Dijon mustard
3 tbs	olive oil
1/4 c each	chopped fresh basil, chives, and cilantro
1 c	thinly sliced red onion
3/4 c	toasted pine nuts
1/2 c	crumbled feta
1/2 tsp	salt
1/2 tsp	pepper



Directions

Drop asparagus into a large pot of boiling water and cook until bright green and slightly softened, 1 to 2 minutes.

Drain asparagus and rinse with very cold water until cool.

In a large bowl, whisk together lemon juice, mustard, oil, and herbs.

Add asparagus, onion, pine nuts, feta, salt, and pepper, and stir to combine.



Asparagus is one of the first vegetables to be harvested each spring. Known for its long green stem and feathery top, asparagus pops out of the ground right around the same time as the first spring flowers. One of the few green perennials we eat, asparagus is at its best when other vegetables are barely more than seeds.

EARLY JUNE PEAS WITH BACON

1 lb	Early June peas
3 slices	bacon, cut up
1/4 c	chopped onion
1 tsp	flour
1/4 c	cider vinegar
2 tbs	sugar

Directions

Cook peas until tender. Place in a serving bowl.

Cook the bacon and onion together until the bacon is crisp.

Remove bacon and onion from the skillet and set aside.

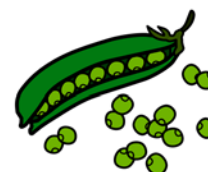
Stir the flour into the bacon drippings.

Add the vinegar and sugar.

Cook until bubbly and thickened, stirring constantly.

Pour the sauce over the peas; top with bacon and onion and serve.

Like sweet corn, peas are at their tastiest immediately after harvest. Whether you choose shell or edible-pod peas, they grow best during spring and early summer when temperatures are between 60 F to 75 F.



Mosquito Repellent Plants

Did you know mosquitoes are considered to be the deadliest critter on Earth? Every year they spread a host of debilitating, and often fatal diseases, including West Nile Virus, Encephalitis, Malaria, Chikungunya, Zika Virus, and Canine Heartworm. Pretty scary for folks like us who spend so much time outdoors!

But dousing on bug spray is not always practical and for children and animals, it's potentially toxic. Try this idea for chemical-free, all-natural mosquito control that's also beautiful: a mosquito-repellent garden that works all summer long to keep bugs out of your outdoor living spaces.

3 Gorgeous and Easy-to-Grow Plants Mosquitoes Hate

Citronella Geranium, Lemongrass, and Lantana Camara already top popular gardening lists because they're robust and quick growers; adaptable to almost all conditions; gorgeous in every setting; and in Southern climates (Zone 9 and warmer), hardy enough to grow as perennials.

What's in Season?

The days are warm and local items planted in the spring are beginning to ripen.

According to the University of Illinois Extension (Farm Bureau) located in Grayslake, here's a list of what to look for at the produce vendors when you stop by the Zion Farmers Market.

Remember that when you buy local, your produce is fresher, and the money you spend stays in your local economy.



Best of all, when cut, bruised, or even jostled by a breeze, they give off a pleasant lemony, citronella scent that mosquitoes avoid.

These three plants make fantastic container elements and look lovely combined with Petunias, Alyssum, or even tucked into your potted herbs.

Citronella Geranium (Mosquito Plant)

Citronella Geranium grows large and bushy with thick foliage of lacy, medium-green leaves and produces a few pink-purple blossoms during the season. Like all geraniums, Mosquito Plant should be planted outside after all danger of frost, needs direct sunlight for at least 6 hours per day but can tolerate partial shade, and prefers well-drained, moderately-rich soil.

It makes a great container addition but give it room to grow as it will reach up to 4 feet high and 2 feet wide. Toward mid-summer, prune back woody branches to keep plant nicely shaped. Look for the main central stem and cut it back to the preferred height — this will promote outward, side stem growth and encourage more blossoms.

Lemongrass (*Cymbopogon citratus*)

This edible plant is often grown as an ornamental and grows in a dense, rounded clump reaching up to four-feet high and three-feet wide. Similar to scallions, the grassy stems grow out of a thick bulbous base which is frequently used in Asian or Thai cooking.

Follow the same general planting instructions as Citronella Geranium: full sun but partial shade tolerant, prefers

Northern Illinois Farmers Market Calendar Fruits and Vegetables

June (early)

Apples, Artichokes, Beans, Berries, Cabbage, Carrots, Cherries, Eggplant, Garlic, Horseradish, Leeks, Lettuce, Melons, Nectarines, Okra, Onions, Peaches, Peas, Plums, Potatoes, Radishes, Rhubarb, Spinach, Squash, Strawberries, Tomatoes, Turnips

well-draining, loamy soil, and does best if watered consistently. Lemongrass bulbs can be harvested throughout the entire growing season.

When mature, this plant benefits from division as it can become root bound. Just slice into the crown with a sharp knife or spade and separate each root clump. Replant in a pot or in the ground and feed and water until established.

Lantana (*Lantana Camara*)

Sometimes called Yellow Sage or Shrub Verbena, Lantana has been a popular bedding plant for decades. All summer long, it produces lovely verbena-shaped blossoms in multiple color combinations of pink, red, yellow, orange, and purple.

The foliage grows in an upright and sturdy pattern making it a great container choice and, best of all, it thrives in nearly all growing conditions especially low moisture, hot sun, and even salty soils.

Deer and other critters dislike the taste and smell but butterflies and hummingbirds love it.



June (late)

Apples, Artichokes, Beans, Berries, Cabbage, Carrots, Cherries, Eggplant, Garlic, Horseradish, Leeks, Lettuce, Melons, Nectarines, Okra, Onions, Peaches, Peas, Plums, Potatoes, Radishes, Rhubarb, Spinach, Squash, Strawberries, Tomatoes, Turnips



Zion Farmers Market Newsletter

Every Thursday

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Sheridan Rd. & Shiloh Blvd.
11 am—7 pm

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ZION FARMERS MARKET MISSION STATEMENT

The mission of the Zion Farmers' Market is to provide a venue where local farmers, producers, crafters and artisans come together to provide a variety of fresh produce and related products directly to the consumer in order to pursue the following goals :

- giving growers and producers of local agricultural commodities and other farm-related products alternative marketing opportunities
- giving local merchants, crafters and artisans alternative marketing opportunities
- improving the variety, freshness, taste and nutritional value of produce available in the Zion area
- making healthy, regionally produced foods accessible to lower-income residents
- providing an educational forum for consumers to learn the uses and benefits of quality, locally grown or prepared food products
- encouraging direct communication between consumers and growers
- providing a place where information about community, political and social opportunities is available
- enhancing the quality of life in the Zion area by providing a community activity which fosters social gathering and interaction, local business development and education about the importance of buying local
- ensuring the continued viability of the Market through innovative services, programs and partnerships that maximize the benefits of the Market to the vendors, patrons and community

THE LONGEST DAY

If you've enjoyed these bright, sun-filled evenings for an outdoor barbecue or a neighborhood stroll, the summer solstice this weekend marks the culmination of our long-lasting daylight.

This year's solstice, considered the start of summer in the Northern Hemisphere, is at 12:39 p.m. today (June 21).

How much daylight do we see? And why is the longest day not the hottest day of the year? Below are questions (and answers) that explain the summer solstice in detail.

1. What makes the days so long?

On the June solstice, the Earth's North Pole is at its maximum tilt toward the sun. At this time, the sun appears directly overhead at 23.5 degrees north latitude, along the Tropic of Cancer. Since the sun's direct rays reach their northernmost point from Earth's equator, we see the sun follow its longest and highest path across the southern

sky. This means the shadow you cast at local solar noon will be the shortest of the year.

2. How long is the sun up where I live?

The exact amount of daylight we see on the solstice depends entirely on latitude. The table above shows much of the continental U.S. enjoys 14 to 16 hours of daylight on Sunday. In Washington, D.C., the sun is up just shy of 15 hours, climbing 74.5° above the horizon at solar noon. That's a far cry from places like Fairbanks, Alaska, where the sun is up for nearly 22 hours.

Just remember, even though more southern locations get less daylight, the sun is still higher in the sky. In Miami, the sun is nearly at zenith at solar noon, climbing almost 90° above the horizon. The height of the summer sun is the main reason why it's so easy to get a nasty sunburn this time of year. So always remember to check the UV index and lather on the sunscreen when outdoors.

3. Where does the sun set along the horizon?

If you're thinking about photographing the

solstice sunset, look to the northwest. On the June solstice, all locations on Earth (outside the polar circles) see the sun rise and set at its northernmost point along the horizon.

Around the Arctic Circle, the location of sunrise and sunset start to converge in the northern sky, until eventually the sun never sinks below the horizon. Hence, the appearance of the midnight sun.

4. Is this really longest twilight of the year?

Yes. Because summer solstice features the shortest night of the year, the sun also doesn't drop as far below the horizon. Around the solstice, the sun's apparent path on the celestial sphere tends to curve below the horizon instead of dropping quickly, causing longer periods of twilight both before sunrise and after sunset.

The longer twilight is less noticeable at lower latitudes. However, as one moves farther from the equator, the sun crosses the horizon at such a shallow angle that the sky remains illuminated much longer than at other times of the year.