



Fresh Earth

a guide to Living wisely

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

Uncle Buzzbee says: “Roll Out the Barrel!”

Rain barrels are an excellent way to conserve resources and reduce the amount of well or municipal water you use.

In the past few years, we've heard more and more about the environmental movement to "Go Green," and rain barrels help this movement by not only conserving water but by filtering out some of the chemicals that you find in tap water, such as chlorine and fluoride.

In addition, rain water has no calcium or lime buildups, less sediment and dissolved salts, and it's softer and naturally warmer than tap water.

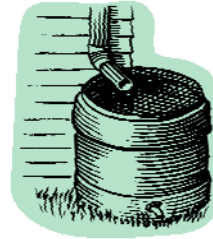
All of these reasons help make stored rainwater a perfect choice for watering your garden.

Gutter rain barrels are especially useful for saving rainwater for a not-so-rainy day. Many states endure droughts in the summer months, and thousands of cities enforce water bans to conserve municipal water during these times. By saving rainwater from the wetter seasons, you'll have plenty to use without taxing your well or municipal supply during the summer.

One half-inch of rain on a 1,000-square-foot roof yields approximately 300 gallons of water! So, installing and using a rain barrel help you to save on your water costs as well.

Rain water diversion also helps decrease the burden on water treatment facilities and municipal drainage systems during storms. You'll be able to reduce flooding in your yard or basement as well.

Please do your part by getting a rain barrel or two of your own in 2016. You can find them at local sources such as Home Depot, Menards or Loews.



“We never know the worth of water until the well is dry.”

- Thomas Fuller

Inside this issue:

Things To Do This Month	2
Ask Reggie	2
Dog Days of Summer	2
Aunt Bee's Recipes	3-4
Summer Sun Safety	5
Hot Weather Tips	6



Special Days:

July is National Watermelon Month

July 4: The birthday of our country.

July 6: Let's declare today Love Your Basil Day.

July 12: National Blueberry Muffin Day. Go for it.

July 16: National Corn Fritters Day

July 17: National Peach Ice

Cream Day

July 29: St. Martha's Day. The patron saint of housewives, St. Martha once took time out of her sweeping to put out a dragon's fire with holy water. (*Warning: do not try this at home.*) Also National Lasagna Day.



Special points of interest:

- ♦ Farmers Market Contact Information
- ♦ Weekly Market Schedule

Things to do this month:

On the Fourth of July, there'll probably be a pitcher of iced tea on your picnic table. But for the people who lived during the American Revolution, China tea, including the favorites Bohea and Green Hyson, was not on the menu. The whole affair had, after all, begun with the Boston Tea Party, and one of the patriots' earliest acts was to renounce their cherished imported tea in favor of locally grown herbs.

Get acquainted with the interesting medicinal uses of blueberries and then stir up a batch of to-die-for muffins. Enjoy a muffin or two along with some tasty iced tea.

Love your basil. Don't let a leaf of it go to waste.

Appreciate your peaches. We don't want to spoil your appetite for peach ice cream (mercy, no!). But there's another aspect to the peach personality you might want to know about. For centuries, herbalists have prescribed the leaves, bark, kernel and flowers of the peach tree as a medicine. Imagine that, as you enjoy that scrumptious dish of peach ice cream!

If you're French, celebrate **Bastille Day**. You're not French? Celebrate it anyway, by baking a classic Quiche Lorraine. Bon appetit!

Learn more about corn. It's in the news these days, because we're turning more of it into biofuel and less of it into food. (Is that really what we want to do?) And of course, since it's corn fritters day,

we'll all have to celebrate, won't we? dish.

Observe National Lasagna Day and use some of that wonderful basil that's flourishing in your garden. Bake a creamy basil lasagna and serve with salad, hot bread, and lemonade at your picnic table. (July is National Picnic Month, too—you knew that, didn't you?)

Learn about the ancient festival of Lughnasadh and its Christianized celebration, **Lammas**, or Loaf Mass Day. Want to celebrate by baking a loaf but it's too hot to turn on the oven? Try baking some herbed bread in your slow cooker.



Sirius-ly, It's the Dog Days of Summer

"Dog Days" are the hottest, most sultry days of summer. In the Northern Hemisphere, the dog days of summer are most commonly experienced in the months of July and August, which typically observe the warmest summer temperatures.

The Romans referred to the dog days as **dies caniculares** and associated the hot weather with the star Sirius (yes, that's who they named the satellite radio service after). They considered Sirius to be the "Dog Star" because it is the brightest star in the constellation **Canis Major** (Large Dog). Sirius is also the brightest star in the night sky. The term "dog days" was used earlier by the Greeks. The modern French terms for both

this summer period (and for heat waves in general), **canicule**, derives from this same term. It means "little dog", again, referring to Sirius.

Dog Days were popularly believed to be an evil time with all manner of diseases and events attributed to the influence of Sirius. According to the old rhyme: "Dog Days bright and clear / indicate a happy year. / But when accompanied by rain, / for better times our hopes are vain."



Ask Reggie

Want to be in the know about things that grow? Email your question to:

zionfarmersmarket@yahoo.com

Dear Reggie:

I adore the Zion Farmers Market and all the fresh produce that is available there. I really want to add some of these items to our menu at home but have no idea how to get my children to eat anything other than the old standbys of peas, corn and carrots. Any suggestions?

- Signed,

Veggie Sneaking Mom



Dear "Veggie Sneaker",

Congratulations on wanting to add new veggies to your family's meals! My recommendation is those members of the gourd or melon family that are known as summer squashes—such as zucchini, patty pans and yellow crooknecks.

While each type varies in shape, color, size, and flavor, all squash share some common characteristics: The entire vegetable, including its flesh, seeds, and skin, is edible. In addition, some varieties of the squash plant produce edible flowers. They also have health benefits. Summer squash is low in calories (20 calories in ½ cup) and a good source of vitamin C (½ cup provides 15 percent of the daily recommended amount). They're also a source of vitamin A, dietary fiber and potassium.

When selecting summer squash, keep in mind that young, smaller squash tend to have more flavor. Summer squash can be stored in a plastic bag in the refrigerator for up to one week.

Since different varieties of squash are similar in texture, they can be swapped out for one another in recipes and the many creative ways you can cook this group of vegetables make it a fun one to prepare with kids. Two of my favorites are my Aunt Bee's squash fries and her chocolate zucchini bread. Here are a few ideas about how to incorporate summer squash into your menu:

- Grate it and bake with it. Summer squash can be used in pancakes, muffins, breads and cakes.
- Stuff it. Summer squash can be stuffed with meat or used as a boat for any baked side dish.
- Grill it. Cut into length-wise strips and place directly on the grill or cook smaller pieces in tin foil.

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

SUMMER SQUASH FRIES

Ingredients

1 egg
 1/3 cup seasoned bread crumbs
 1/4 cup Parmesan cheese
 4 yellow summer squash, cut in strips lengthwise



Directions

Turn oven to 450 degrees Fahrenheit.

Line a cookie sheet with tin foil and spray with cooking spray.

In a bowl, bread crumbs and cheese together.

In a separate bowl, beat egg.

Place squash strips in egg then in crumb mixture.

Place on cookie sheet.

Bake 20 minutes or until golden brown.

Zucchini: The best known of the summer squashes, zucchini is a narrow squash that resembles a cucumber in size and shape. It has smooth, thin skin that is either green or yellow in color and can be striped or speckled. Its tender flesh is creamy white in color and features numerous seeds. Its edible flowers are often used in French and Italian cooking.

Crookneck and straightneck squash: Both of these summer squashes have creamy white flesh and yellow skins, although sometimes you can find them with green skin. Crookneck squash is partially straight, with a swanlike neck. It was genetically modified to produce its straight neck cousin, which is shaped as its name implies.

Pattypan squash: This small, saucer-shaped squash features skins that can be either pale green or golden yellow in color. Its cream colored flesh is denser and slightly sweeter than that of the zucchini.

LASAGNA WITH CREAMY BASIL SAUCE

Ingredients

1 box lasagna noodles
 1 cup grated Parmesan cheese

Tomato Sauce

3 cans crushed tomatoes
 1 medium carrot, grated
 3 sprigs of fresh oregano
 1 fresh thyme
 8 leaves marjoram
 1/4 tsp cayenne pepper
 1 bay leaf
 1 salt
 1 tsp sugar

White Sauce

500ml 15% cooking cream
 1 cup grated Parmesan cheese
 freshly ground pepper

Pesto

2 big bunches basil leaves, stems removed
 1/4 cup pine nuts
 4 tbsp olive oil
 pinch of salt

Directions

Set oven to 350 degrees Fahrenheit.

For the Tomato Sauce: In a heavy bottomed saucepan, combine the canned tomatoes, tomato paste (Rinse out the can with half a cup of water, then add water to each remaining can, then toss that last half a can of water). Add the dried oregano, thyme, grated carrot, marjoram and bay leaf. Cover and simmer very gently for an hour, stirring occasionally. Turn off the heat and add the sugar, salt and pepper.

For the Pesto: Add the basil, pine nuts and olive oil into a blender, and blend until broken down. Using a spatula, place this into a bowl or jug. Add the cream, one cup of grated parmesan and stir until well combined.

Now to pull it all together. Ladle a cup of the tomato sauce into the bottom of a baking dish. Then, 1/4 cup of the pesto cream sauce and then a layer of the lasagna sheets. Now a layer of tomato sauce, pesto cream sauce and then lasagna sheets. Go for another layer of sauce, the pesto cream and lasagna sheets. You want to finish with a layer of the lasagna sheets, and to top it with the last of the pesto cream. Now sprinkle the grated parmesan so that you have a wonderful, cheesy top.

Cover with foil and bake for 25 minutes. Remove the aluminum foil and bake for another 15 minutes until the top browns up slightly. Allow to sit for 5 minutes, so that the juices settle and the filling firms up.



CORN FRITTERS

Ingredients

3 cups oil for frying
 1 cup sifted all-purpose flour
 1 tsp baking powder
 1/2 tsp salt
 1/4 tsp white sugar
 1 egg, lightly beaten
 1/2 cup milk
 1 tbsp shortening, melted
 1 can whole kernel corn, drained

Directions

Heat oil in a heavy pot or deep fryer to 365 degrees F (185 degrees C).

In a medium bowl, combine flour, baking powder, salt and sugar. Beat together egg, milk, and melted shortening; stir into flour mixture. Mix in the corn kernels.

Drop fritter batter by spoonfuls into the hot oil, and fry until golden. Drain on paper towels.



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

QUICHE LORRAINE

Ingredients

1	9 inch pie crust
12 slices	bacon
1 cup	shredded Swiss cheese
1/3 cup	minced onion
4	eggs, beaten
2 cups	light cream
3/4 tsp	salt
1/4 tsp	white sugar

Directions

Preheat oven to 425 degrees Fahrenheit

Place bacon in a large skillet, and fry over medium-high heat until crisp. Drain on paper towels, then chop coarsely.

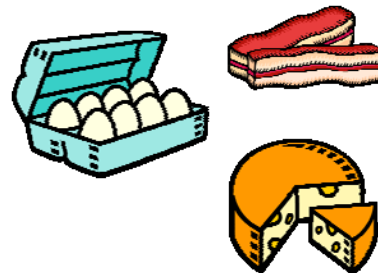
Sprinkle bacon, cheese and onion into pastry shell.

In a medium bowl, whisk together eggs, cream, salt, sugar and cayenne pepper. Pour mixture into pastry shell.

Bake 15 minutes in the preheated oven. Re-

duce heat to 325 degrees and bake for an additional 30 minutes, or until a knife inserted 1 inch from edge comes out clean.

Allow quiche to sit 10 minutes before cutting into wedges.



WATERMELON FACIAL TONER

Ingredients

2 tbsp	fresh watermelon juice
1 tbsp	vodka
2 tbsp	witch hazel
2 tbsp	distilled water
1/2	lemon

Bottles

Cloth to strain

Food processor

Directions

Crush enough watermelon to get 2 tbsp. of fresh juice. Make certain to strain to remove the pulp and the seeds.

Add 1 tbsp. of vodka, 2 tbsp. of witch hazel and 2 tbsp. of distilled water to the watermelon juice. Pour into sterilized jars and refrigerate.

To use the mixture, simply pour a small amount of the facial toner onto a cotton ball and gently stroke the face to clean and tighten pores. Rinse thoroughly. This mixture will keep one week.

Vary the recipe by using a food processor to liquefy a cup of watermelon, including the seeds. They contain important omega 6 and omega 9 essential fatty acids, which can easily penetrate the skin. Strain the emulsion and mix 2 tbsp of witch hazel and 2 tbsp of water. Pour into a sterilized container and refrigerate. Pour onto a cotton ball for application. Rinse with cool water.

Watermelon has vitamins A, B and C and important antioxidants. When used in a toner, it keeps skin radiant, elastic and hydrated. A homemade watermelon facial toner cleanses and tightens the skin, and can help remove blemishes. Additionally, as with all fruits, watermelon acts as an exfoliant. A homemade toner is easy to make and just as good as anything you can buy.



SUMMER PEACH POTPOURRI

Ingredients

2 cups	bay leaves
2 cups	blue larkspur flowers
1 1/2 cup	mace
1 cup	bearberry leaves
1 cup	windmill pods, orange
1 cup	kesu flowers, natural
1/2 cup	ginger root pieces
1 cup	oak moss
1/2 cup	deer's tongue leaf
3/4 oz	peach fragrance oil
8	cinnamon sticks
6	dried magnolia leaves
1	peach, sliced & dried

Directions

Cut peach in half, remove pit, slice thinly, then air dry or use a dehydrator.

Combine moss, deer's tongue leaf and peach fragrance oil. Cover and set aside for several hours to create fixative/fragrance mixture.

Combine first 7 ingredients and add the fixative/fragrance mixture. Mix well and allow to age for a week or two (the longer the aging, the stronger the fragrance).

Display suggestion: Pour into a large clear glass bowl and arrange the cinnamon sticks, magnolia leaves and dried peach slices on top.

To preserve the scent, either store potpourri in plastic bag or cover bowl with plastic wrap when not in use.



Heavens to Betsy But It's a Grand Old Flag

For more than 200 years, the American flag has been the symbol of our nation's strength and unity. It's been a source of pride and inspiration for millions of citizens.

Here are the highlights of its unique past.

On January 1, 1776, the Continental Army was reorganized in accordance with a Congressional resolution which placed American forces under George Washington's control. On that New Year's Day the Continental Army was laying siege to Boston which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternate red and white stripes and the



Red, White and Blue—our colors brave and true

British Union Jack in the upper left-hand corner (the canton).

In May of 1776, Betsy Ross reported that she sewed the first American flag.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the

flag and allowed for additional stars and stripes to be added to reflect the admission of each new state.

Today the flag consists of thirteen horizontal stripes, seven red alternating with 6 white. The stripes represent the original 13 colonies, the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.

For more fun facts, flag history and the rules for flag etiquette, check out www.flagkeepers.org.



For Butterflies to Flutter By...

Butterflies work magic in the garden. Described by poet Robert Frost as "flowers that fly and all but sing," they're the quintessential accent note. Monarchs, swallowtails and many other winged beauties bring colorful life to Midwest gardens. Chances are, growing plenty of flowers will draw some butterflies without any extra preparation.

But why rely on chances? Create a paradise for them. It's easy.

A butterfly garden can be as large or as small as your space and energy allow. Even a few pots filled with butterfly favorites should be enough to produce some of the best shows you'll see all summer.

First, create a friendly environment. Choose a sunny spot protected from wind, which can blow butterflies off course. Any flower that you find fragrant and colorful will draw adult butterflies, too. Add a rock or two, so your winged friends can bask in the sun. Don't forget a drinking fountain: Fill a large saucer with moist sand, so butterflies can sip

Butterflies can't hover like hummingbirds, so be sure to include flowers that provide good landing pads. Lantanas, with their dense clusters of tiny tubular blossoms, are good choices, as are zinnias, which sprout flat, daisy like blooms.

Midwest native flowers are often the best fare for our region's flutterers including:

Enhance the beauty of

your backyard by creating a butterfly-friendly environment

milkweed, pawpaw, lupine, bee balm, purple coneflower, joe pye weed and blazing star.

Prolong flowering by deadheading flowers, mulching with organic compost, and watering well to keep the plants healthy. Plants that are well-watered will produce far more nectar for hungry butterflies.

Don't use insecticides and pesticides. They kill butterflies and many pollinating insects as well as ladybirds, ground beetles and spiders.

developing eyes of newborns are quite vulnerable to the sun. When outdoors with your newborn, make sure the child is in some sort of shade at all times

Don't let cloudy skies fool you Just because it is a cloudy day does not mean you can not get a sun burn. Harmful UV rays go right through the clouds. Regardless of whether it is a sunny or cloudy day you are still being exposed to the same amount of sun.

Dress for maximum protection Wearing sun protection clothing in conjunction with sunscreen is your best defense against the sun. Hats and sunglasses, even for the little ones, are strongly recommended.



Summer Sun Safety

Summer is here! Carefree days and hot weather with the sun is shining bright. But as you are aware, spending prolonged amounts of time in direct sunlight, and being exposed to harmful UV rays can damage a child's delicate skin. So follow these easy and very effective sun safety tips to keep you and yours safe.

Avoid Sun Exposure between 10am-2pm The sun is at its highest and strongest point during these hours of the day. If you must be outdoors (we understand), caking on the sunscreen and wearing sun protection clothing is extremely important in order to avoid sun burn.

Use a sunscreen that is water-resistant and has an SPF of at least 15 There is no sunscreen that provides complete sun protection. The higher the SPF rating, the greater protection from the sun. Sunscreen should be applied liberally approximately 30 minutes before going into the sun. Be sure to reapply it after swimming, toweling off, or any activity where you have heavy perspiration. Toweling off will remove all sunscreens, even the water-resistant ones.

Keep children under six months away from direct sunlight Sunblock and sunscreens can irritate a baby's skin. Also, the

Zion Farmers Market
Newsletter

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Sheridan Rd. & Shiloh Blvd.

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Experts say these are the best ways to endure humidity and avoid the danger of heat exhaustion and heat stroke:

- Pace yourself: for work or recreation in the sun, be sure to take frequent breaks to take on fluids and cool off out of the heat
- Take it easy: put off strenuous activities that can wait until weather cools
- Stay cool: use air-conditioning, if it's available; if it's not available, take cool baths, showers, or sponge baths and temporarily inhabit dry basement spaces, which can be 10-15 degrees cooler
- Eat lighter meals: avoid use of your stove by eating more salads, fresh vegetables and fruit
- Dress appropriately: wear light-colored, lightweight cotton clothing, which readily releases perspiration and reflects heat. Cotton absorbs perspiration better and thus cools better than synthetics

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

HEALTH TIPS FOR HOT WEATHER



- Drink fluids: drink plenty of cool, non-alcoholic beverages (water is best), especially when you're outdoors, to keep the body's cooling system operating efficiently; avoid alcohol, which can induce dehydration
- Stay in the shade: if possible, perform work or strenuous recreational activities outdoors in the morning or early evening, when the sun's heat is less intense; avoid sun burn and ultraviolet light poisoning
- Carry water: when you're away from home, keep water in non-breakable bottles with you to easily replenish fluids lost to perspiration
- Look after the very young and the aged: babies and older adults are more susceptible to heat induced illness; check on them regularly, call your local health department for instructions if you are unsure.

Weekly Market Schedule

11 am Market Opens

7 pm Market Closes

