



August, 2016

# Fresh Earth

*a guide to Living wisely*

## Uncle Buzzbee says: "Tick, tick, tick!"

Depending on the species, ticks may carry Lyme disease, Rocky Mountain spotted fever, Colorado tick fever, or a number of other diseases. In fact, ticks are the leading carriers of diseases to humans in the U.S., and second only to mosquitoes worldwide. Similarly to mosquitoes, toxins in the tick's saliva cause the disease.

Hard ticks have a tough back plate and tend to feed for hours to days. With hard ticks, disease transmission usually occurs near the end of a meal.

Soft ticks have a more rounded body and lack the back plate. They usually feed for less than an hour and disease transmission can occur in less than a minute. Lyme disease is caused by hard ticks including deer ticks. Sitting on a log in the woods, leaning up against a tree or gathering wood are risky activities when trying to avoid ticks.

Tick bites are generally painless and may go completely unnoticed. You may notice a red, circular bump and some itching and burning once the tick is removed.

To remove a tick, use tweezers to firmly grasp the tick close to its head and as close to your skin as possible. Avoid squeezing the

tick's abdomen; crushing a tick may transmit diseases.

Pull gently upward until the tick comes free. Do not twist and turn the tick, as the head or mouth parts may break off and stay in the skin, increasing the chances for infection. Do not use petroleum jelly or a match to remove the tick.

If you are bitten, it is recommended that you save the tick for identification and send it to a lab to test if the tick is carrying disease. In this case, place the tick in a tightly closed container, such as a vial or a zippered plastic bag (doubled, if the tick is alive). Do not soak the tick in alcohol. If the tick is alive (which is preferable for testing), some labs ask that you place a cotton ball moistened with a few drops of water in the container. Label the container with the date, your name and contact information, the bite's location on the body, and your general health at the time. If known, also list the geographical location from which the tick may have originated. Send live ticks as soon as possible to a lab; some labs accept dead or damaged ticks as well. If the tick is dead and you don't want to have it tested, you can store the container in the freezer for later tick ID in case symptoms develop.

When disposing of a tick that has

not attached yet, drop it into a sealed plastic bag and throw it into the trash. Or, you can drop it into a jar of rubbing alcohol; with this method, you can save it for later identification, although it is better not to do this if you want to have it tested for disease. You can also wrap the tick up in tape and throw it into the garbage; if you plan to have the tick tested, however, some labs ask that you do not use this method, as it is hard to extract the tick for testing. No matter what method you choose, do not touch the tick with your bare fingers.

Do not flush a live tick down the toilet. Ticks do not drown in water and have been known to crawl back up out of the toilet bowl.

Clean the bite area with soap and water or a mild disinfectant. Disinfect the tweezers with rubbing alcohol, and wash your hands thoroughly.

Observe the bite area for several days. Illnesses transmitted by the tick often begin only days or weeks after the tick is gone. If symptoms occur, tell the physician if you have been outdoors. Symptoms may include fever, numbness, rash, confusion, weakness, pain and swelling in the joints, shortness of breath, nausea, and/or vomiting. Blood tests are needed to diagnose any illness.

**To avoid** ticks, stay away from outdoor areas where ticks thrive during the months of April through September.

Tuck pants into boots or socks. Wear light colored clothes so ticks can be easily spotted and brushed off. Apply insect repellent. Promptly check yourself, others, and pets if exposed to tick areas.



## Special Days:

### August is National Peach Month

**August 8:** Sneak A Zucchini On To Your Neighbor's Porch Day

**August 12:** Kool-Aid Day

**August 23:** Eat A Peach Day

### Folklore for the Season

#### *As August, so February.*

*Observe on what day in August the first heavy fog occurs, and expect a hard frost on the same day in October.*

*If the first week of August is unusually warm, The winter will be white and long.*

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.

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## Things to do this month:

**August 3** is **National Watermelon Day**.  
**Watermelon!** What can we say.....

It has to be one of our favorite fruits to eat in the summer time, especially if it is ice cold. There's something fun and sociable about eating a tasty watermelon outside with your family and friends. Children gather around the designated watermelon slicer just to be able to hear that nice ripe pop when it's cracked open. The slicer cuts everyone a nice fat wedge and everyone begins to eat the sweet juicy meat.... and the best part is, we don't even mind the juice running down our chin!

If you've ever planted zucchini, you know that one little plant produces lots and lots of zucchini! So, you'll appreciate that fact that **August 8** is **'Sneak A Zucchini On To Your Neighbor's Porch Day**. Established by Pennsylvanian Tom Roy, this holiday encourages sharing. "Due to the overzealous planting of zucchini, citizens are asked to drop off baskets of the squash on neighbors' doorsteps."

Gather 'round the campfire on **August 10** because it's **National S'mores Day**. S'mores are a delicious treat made from three simple ingredients—graham crackers, toasted marshmallows, and melted chocolate bars. Yum!

The first official s'mores recipe was published in the Girl Scout Handbook in 1927, but culinary historians believe that the tradition began much earlier. Over the years, the recipe was passed from camper to camper and eventually became the most famous fireside dessert. Ever wondered why it is called a s'more? Because you'll always want "some more" of this decadent sweet!

So, grab a few friends, make a campfire, and have some s'mores. No bonfire? No problem! You can toast marshmallows in a toaster oven or a microwave.

Oh, yeah! **August 12** is **Kool-Aid Day**. It has been observed since at least 1994, when it was celebrated by the Pastime Car Show in Hastings, Nebraska, where Kool-Aid was invented in 1927.

When's the last time you had Kool-Aid? Probably too long. So grab a pack and mix it up, and take a trip down memory-lane.

How sweet, and tart, it is! **August 15** is **National Lemon Meringue Pie Day**. This shortbread crusted pie is filled with a sweet lemon curd and topped with meringue. What's a meringue? It's a French type of topping that's made from beaten egg whites and sugar, then baked.

Lemon Meringue Pie is a 19-century product that is said to be created by Philadelphian Elizabeth Coane Goodfellow, a pastry chef, businesswoman, and cooking school founder, who arrived in Philadelphia in 1806, expanded on lemon custard and invented lemon meringue pie.

On **August 23**, eat a peach. Celebrate their juicy deliciousness on **Eat A Peach Day**. Whether you like them fresh and juicy out of hand or baked into a luscious dessert, peaches are a summer must. Enjoy them while you still can!



## Awesome August

In **August**, we love to celebrate the fruits of the season. Home-made tomatoes, ripe melon, sweet corn on the cob, and blueberries are just a few of our favorites.

Now is the best time to savor juicy fruit ripened by the sun, and bring fresh tomatoes, squash, and sweet corn from the garden to the table. Canning season is here, too.

*Summer declines and roses  
have grown rare,  
But cottage crofts are gay with  
hollyhocks,  
And in old garden walks you  
breathe an air  
Fragrant of pinks and August  
smelling stocks.*

—John Todhunter (1839-1916)



## Ask Reggie

Dear Reggie:

When I was at my local garden center the other day, I saw a flowering plant that was tagged with the name "marsh mallow". Any relation to the yummy treat?

- Signed, "Tell Me S'more"

Dear "S.more",

The short answer to your question is—Yes!

*Althaea officinalis* is a perennial species indigenous to Africa, which is used as a medicinal and ornamental plant. A confection made from the root since ancient Egyptian time evolved into today's marshmallow treat.

The common mallow is frequently called by country people 'marsh mallow,' but the true marsh mallow is distinguished from all the other mallows growing in Great Britain, by the numerous divisions of the outer calyx (six to nine cleft), by the hoary down which thickly clothes the stems and foliage, and by the numerous panicles of blush-coloured flowers, paler than the common mallow. The roots are perennial, thick, long and tapering, very tough and pliant, whitish yellow outside, white and fibrous within. The entire plant, particularly the root, abounds with a mild mucilage, which is emollient to a much greater degree than the common mallow.

Most of the mallows have been used as food, and are mentioned by early classic writers with this connection. Mallow was an edible vegetable among the Romans; a dish of marsh mallow was one of their delicacies. A plant of the mallow kind was eaten by the Egyptians. Many of the poorer inhabitants of Syria subsist for weeks on herbs, of which marsh mallow is one of the most common. When boiled first and fried with onions and butter, the roots are said to form a palatable dish, and in times of scarcity consequent upon the failure of the crops, this plant, which fortunately grows there in great abundance, is collected heavily as a food-stuff.

The leaves, flowers and the root all have medicinal properties. It is claimed to increase the flow of breast milk and soothe the bronchial tubes. Marshmallow is traditionally used as a treatment for the irritation of mucous membranes. The root has been used since the Middle Ages in the treatment of sore throat.

The root extract (halawa extract) is sometimes used as flavoring in the making of a Middle Eastern snack called **halva**. The flowers and young leaves can be eaten, and are often added to salads or are boiled and fried.

The later French version of the recipe, called **pâte de guimauve** (or "guimauve" for short), included an eggwhite meringue and was often flavoured with rose water. **Pâte de guimauve** more closely resembles contemporary commercially available marshmallows, which no longer contain any actual marshmallow.



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

## PICKLED WATERMELON

### Ingredients

9 c	water
1/2 c	salt
1 1/2 c	watermelon pieces (cut from rind, seeded, and cut into 1-inch cubes)
2-1/2 c	white vinegar
5 c	sugar
1	cinnamon stick
1/4 tsp	ground ginger
2 tbs	lemon juice

### Directions

In a large bowl, stir the water and salt together. Add the watermelon and let stand overnight.

Drain the watermelon, rinse, and drain again. In

a large saucepan, combine the vinegar, sugar, cinnamon stick, ginger, and lemon juice.

Bring to a boil and add the watermelon. Return to a boil and simmer for 20 minutes. Remove the cinnamon stick.

Loosely pack the watermelon into jars. Return the syrup to a boil and boil for 30 minutes.

Pour over the fruit in the jars and seal. Process in a boiling-water bath for 15 minutes.



## SUMMER CORN CAKES

### Ingredients

2	eggs, beaten
1/4 c	flour
1/4 tsp	salt
2 c	pepper, to taste
	uncooked corn, cut from the cob (or 10 oz. frozen corn kernels, thawed)
1/2 c	chopped scallions
1/3 c	diced red bell pepper
1 tbs	corn oil
	sour cream
	salsa

### Directions

In a large bowl, mix all ingredients except the last three.

Heat a skillet and grease with the oil.

Drop mixture by spoonfuls into the skillet, making individual cakes about 3 inches across.

Cook 2 or 3 minutes on each side, just until golden.

Serve with sour cream and salsa.



## CARROT-ORANGE FIZZ

### Ingredients

12 oz	Ice cubes and cracked ice
3 oz	carrot-orange juice
3 oz	orange liqueur
36 oz	freshly squeezed lime juice (or the juice of 1 lime)
	Moscato d'Asti or other slightly sweet, effervescent white wine
	Lime wedges for garnish

### Directions

Fill nine wineglasses halfway each with cracked ice.

Fill a cocktail shaker with ice cubes and add carrot-orange juice, liqueur, and lime juice. Shake well.

Divide evenly among wineglasses.

Top each glass with 4 ounces of wine. Garnish with lime wedges.



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

### MINT CHILLER

#### Ingredients

1 c sugar  
2 c fresh mint leaves, with stems  
1 c fresh lemon juice  
1 c fresh orange juice  
1 c ginger ale

#### Directions

In a small saucepan, combine the sugar with 3 cups of water. Bring to a boil over high heat, reduce the heat, and simmer for 5 minutes.

Add the mint, remove the pan from the heat, cover, and let the liquid steep for 1 hour.

Strain the liquid into a bowl.

In a large pitcher, combine the mint syrup, lemon juice, orange juice, and ginger ale. Stir until well blended.

Serve over crushed ice.



### ZUCCHINI-CHEESE CASEROLE

#### Ingredients

2 tbs salted butter  
4 medium-size zucchini, cut cross-wise into 1/4-inch-thick slices  
2 tsp kosher or sea salt, divided  
1 medium-size yellow onion, diced  
2 tbs chopped fresh basil  
4 garlic cloves, minced  
2 tbs olive oil  
6 large eggs  
2 lbs small-curd cottage cheese  
3/4 c freshly grated Parmesan cheese  
2 10-ounce packages frozen chopped spinach, thawed, drained, and squeezed dry  
1/4 c minced fresh parsley  
1/2 tsp freshly ground black pepper  
4-1/2 c tomato sauce  
3/4 c breadcrumbs  
3/4 lb fresh mozzarella cheese, thinly sliced

#### Directions

Preheat oven to 350°F. Set a large skillet over medium-high heat and add butter. Add zucchini and 1/2 teaspoon salt; cook, stirring often, until just translucent, about 5 minutes. Use a slotted spoon to remove zucchini, and set aside.

Add oil to pan and return to medium-high heat; add onion and garlic. Cook, stirring often, until onions are lightly golden, about 10 minutes. Remove from heat.

In a large bowl, stir together eggs, cottage cheese, Parmesan, spinach, parsley, onion/garlic mixture, remaining 1 teaspoon salt, and pepper.

In 9x13-inch pan, layer ingredients like lasagna: a layer of tomato sauce, a layer of zucchini, a light sprinkling of breadcrumbs, a layer of cheese/spinach mixture, and a layer of mozzarella. Repeat, ending with a layer of sauce and a sprinkling of Parmesan.

Cover dish with foil and bake 30 minutes. Remove foil and bake until top is browned and bubbling, about 30 minutes more.



### COUNTRY GARDEN SOUP

#### Ingredients

1 leek, chopped  
1 rib celery, chopped  
1 carrot, peeled and chopped  
1 green pepper, seeded and chopped  
1 clove garlic, minced  
2 tablespoons olive oil  
6 plum tomatoes, seeded and diced  
6 cups chicken or vegetable stock  
1/4 pound green beans, cut into 1-inch pieces  
1 yellow squash, cut into bite-size pieces  
1 zucchini, cut into bite-size pieces  
1 tablespoon fresh marjoram  
1 tablespoon chopped fresh basil  
1 teaspoon chopped fresh thyme  
  
Salt and pepper, to taste

In 9x13-inch pan, layer ingredients like lasagna: a layer of tomato sauce, a layer of zucchini, a light sprinkling of breadcrumbs, a layer of cheese/spinach mixture, and a layer of mozzarella. Repeat, ending with a layer of sauce and a sprinkling of Parmesan.

#### Directions

Saute leek, celery, carrot, green pepper, and garlic in olive oil 7 minutes.

Add tomatoes and cook until they release their juices. Add stock and bring to a boil; then reduce heat and simmer 10 minutes.

Return to a boil; add green beans, yellow squash, and zucchini.

Lower heat to a simmer; cook until beans and squash are just tender. Stir in fresh herbs; add salt and pepper.



## Be Prepared!

A basic emergency supply kit could include the following recommended items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food

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- Local maps
- Cell phone with chargers, inverter or solar charger
- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.



## What's in Season?

Late summer means goodness from the garden. Long awaited produce like tomatoes are bursting with juicy goodness and the corn is, oh so sweet!

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.



Northern  
Illinois  
Farmers

## Gimme Shelter

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. They are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles. Tornado intensities are classified on the Fujita Scale with ratings between F0 (weakest) to F5 (strongest).

A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

### Know the Difference

**Tornado Watch** - Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives!

**Tornado Warning** - A tornado has been sighted or indicated by weather radar. Tornado **warnings indicate imminent danger** to life and property. Go immediately under ground to a basement, storm cellar or an interior room (closet, hallway or bathroom).

### Before a Tornado

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Be alert to changing weather conditions. Look for approaching storms.
- Look for the following danger signs:
  - Dark, often greenish sky
  - Large hail
  - A large, dark, low-lying cloud (particularly if rotating)
  - Loud roar, similar to a freight train.

If you see approaching storms or any of the danger signs, [be prepared to take shelter immediately.](#)



## Zion Farmers Market Newsletter

**Every Thursday**

**June 16—September 29,  
2016**

### **Contact Us**



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City of Zion Farmers Market



**Twitter:**  
@ZionFarmMarket

# **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 local residents 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

## **UNDER THE STURGEON MOON**

August is the month of the **Full Sturgeon Moon**. Some Native American tribes (Algonquin) knew that the sturgeon of the Great Lakes and Lake Champlain were most readily caught during this full Moon. They also called this the Full Green Corn Moon.

Different tribes had different Moon name preferences. Other examples for August are: Wheat Cut Moon (San Ildefonso, and San Juan), or "Moon When All Things Ripen" (Dakotah Sioux) or "Blueberry Moon" (Ojibway).

Below are the **Best Days** for activities, based on the Moon's sign and phase in August.

### **For Cutting Hay:**

13, 14

### **For Setting Eggs:**

9, 10, 18

### **For Fishing:**

- 1–10, 25–31

### **Moon Folklore**

- ***Clothes washed for the first time in the full Moon will not last long.***
- ***If you glimpse the new Moon over your right shoulder, you will have good luck.***
- ***To have a project prosper, start it during the new Moon.***
- ***Babies born a day after the full Moon enjoy success and endurance.***



### **Weekly Market Schedule**

**11 am Market Opens**

**7 pm Market Closes**