



Fresh Earth

a guide to Living wisely

Uncle Buzzbee says: "Bee Kind!"

Inviting an array of bees into your own backyard is simple when you plant their favorite flowers.

By providing nectar and pollen as food and creating shelters in your garden space, you will create new habitat for bees, which is important, as their natural habitats become less and less abundant.

Researchers have found that planting bee-friendly gardens in your community may increase the diversity of bees, even within the concrete-laden urban areas in which many of us reside. That's great news for bees! That's great news for bees!

There are four essential elements for designing a bee garden:

Choose plants that are best suited for attracting bees in your region. Select a variety of flowers that are most attractive to bees and will bloom at different times throughout the year for a steady supply

of nectar and pollen. The climate in your region, defined by the [USDA plant hardiness zone map](#), will determine which flowers can survive and the timing of their flowering in your garden.

Limit the use of insecticides that are toxic to bees and other beneficial pollinators. Native bees are attracted to your garden by the nectar and pollen, but they come into contact with any other chemicals that may be present. High doses of insecticides can kill foraging bees outright. Even low doses can have adverse effects. Low doses of insecticides can disrupt the innate orientation and navigation skills of the foraging bee, causing it to lose its way back to the nest. When the pesticide is brought back to the nest, it will be transferred to nestmates directly or incorporated into the honey, where it can alter the development in larvae into workers and queens, and thereby affect future generations of the colony.

Provide shelter in your garden from elements such as wind, rain, or cold. Keep in

mind that a wide expanse of green grass or concrete does not offer protection from wind, rain and cold for a foraging bee.

Create habitat for the nest of the pollinator to support the entire life cycle of the pollinator from egg to larva to adult. Creating nesting habitats for native bees is surprisingly simple. That's because many native bees make nests in old pieces of wood, cavities or even in the ground. These nests can be easily replicated with a few supplies and tools.



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.

Inside this issue:

| | |
|-------------------------|-----|
| Things To Do This Month | 2 |
| Ask Reggie | 2 |
| Aunt Bee's Recipes | 3-4 |
| Holy Moley! | 5 |
| What's in Season | 5 |
| The Cat's Meow | 6 |



Special Days:

June is National Dairy Month

June 6: National Gardening Exercise Day

June 14: Flag Day

June 19: Juneteenth

June 24: Midsummer Day

Folklore for the Season

It is the month of

June,

The month of leaves

and roses,

When pleasant sights

salute the eyes,

And pleasant scents

the noses.

—N. P. Willis (1807-67)



Special points of interest:

- ♦ Farmers Market Contact Information
- ♦ Weekly Market Schedule

Things to do this month:

Celebrate **National Dairy Month** by making honey lavender ice cream.

On **Flag Day (June 14)**, be sure to raise Old Glory! What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official American flag on June 14, 1777, in the midst of the Revolutionary War. Colonial troops fought under many different flags with various symbols and slogans-- rattlesnakes, pine trees, and eagles; "Don't Tread on Me," "Liberty or Death," and "Conquer or Die," to name a few. The first flag had 13 stars on a blue field and 13 alternating red and white stripes for the 13 original colonies. Now there are 50 stars, one for each state in the Union, but the 13 stripes remain. Although many people believe that Betsy Ross designed and sewed the first flag, there is no proof of that. Flag Day was first celebrated in 1877, on the flag's 100th birthday.

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Dating back to 1865, it was on **June 19** that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. (Note that this was two and a half years **after** President Lincoln's Emancipation Proclamation.)

Why the delay? Often told is the story of a messenger who was murdered on his way to Texas with the news of freedom. Another, is that the news was deliberately withheld by the enslavers to maintain the labor force on the plantations. And still another, is that federal troops actually waited for the slave owners to reap the benefits of one last cotton harvest before going to Texas to enforce the Emancipation Proclamation. For whatever the reasons, conditions in Texas remained status

June Delights

June, and everything's coming up roses—not to mention strawberries. (If you live in warm climates, you're already enjoying both!)

Picking strawberries? Leave the stems on and get them to the refrigerator fast to increase their longevity.

June is the month of graduations and weddings, fishing, and Father's Day.

June's full Moon is known by several different (and strange) names: Full Straw-

quo well beyond what was statutory.

Celebrate **Midsummer Day** on **June 24th**. Although Midsummer Day occurs near the summer solstice, or what we think of as the beginning of summer, to the farmer it is the midpoint of the growing season, halfway between planting and harvesting, and an occasion for celebration. Although it's also the feast day of St. John the Baptist, it features pagan traditions such as bonfires, fire walking, and a carnival atmosphere, all of which took place on Midsummer Eve. Certainly, it's a night of magic and soothsaying as well, for as Washington Irving said, this is a time "when it is well known all kinds of ghosts, goblins, and fairies become visible and walk abroad." After Midsummer Day, the days shorten. In Lithuanian tradition, the dew on Midsummer Day was said to make young girls beautiful and old people look younger. It was also thought that walking barefoot in the dew would keep one's skin from getting chapped. It was customary to honor all men named John on this day by fixing wreaths of oak leaves around their doors. This is usually done in secret, and John must guess who did it or catch the person in the act, in which case he must give the person a treat.



berry Moon, Full Rose Moon, Full Leaf Moon, Fish Spoils Easily Moon, and Moon When the Hot Weather Begins.

Midsummer Day, also known as the feast of St. John the Baptist, occurs on June 24, near the summer solstice, or what we think of as the ...summer. However, to the farmer, June 24 is the midpoint of the growing season, halfway between planting and harvesting *and, traditionally, an occasion for celebration.*



Ask Reggie

Dear Reggie:

Am I ever in the doghouse! Took my weed-whacker to clear up some weeds in the garden and, according to my wife, I cut down her "joe-somebody" plants. Just what did I chop up?

- Signed, "Move Over, Rover"

Dear "Rover",

Joe Pye weed is a showstopper of a prairie native, producing huge, puffy flower heads in late summer. It prefers moist soils, but with its extensive root system, it also tolerates drought well. It is a large plant, growing 4 to 6 feet tall. Joe Pye weed flowers were named after a New England man that used the plant medicinally for helping people with typhus fever. In addition to its medicinal properties, both the flowers and seeds have been used in producing pink or red dye for textiles.

Closely related, hardy ageratum is a spreading plant that grows to only 2 feet tall. Another relative, white snake-root, reaches 4 to 5 feet tall. All are great for naturalistic or cottage plantings and for attracting butterflies. It is also deer resistant.

Joe Pye foliage smells like vanilla when crushed, stems are green with purplish nodes, there are 3 or 4 leaves in each whorl, and flower heads are dull pink consisting of fewer than 8 tubular flowers. Flower heads are arranged in dome-shaped terminal clusters. Joe Pye weeds reproduce by rhizomes and seeds.

Many people perceive Joe Pye weed to be nothing more than a roadside weed and have never seriously considered its outstanding ornamental attributes. It is a substantial plant which needs space, but when planted in groups or massed can provide spectacular flowering and architectural height. Border rears, cottage gardens, meadows, native plant gardens, wild/naturalized areas or water margins.



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

RELAXING MASSAGE OIL

Ingredients

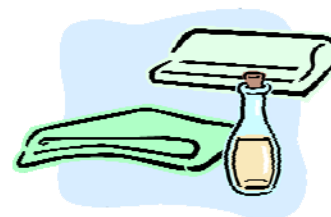
- 3 oz almond oil
- 1 oz jojoba oil
- 10 drops birch essential oil
- 20 drops lavender essential oil
- 10 drops peppermint essential oil

Directions

Mix ingredient together and store in a tightly capped bottle.

Use as desired for massage, keeping away from the eyes and mucous membranes.

This relaxing massage oil increases circulation and helps the body eliminate lactic acid and other metabolic byproducts for instant muscle pain relief. Essential oils provide deep relaxation and help alleviate pain.



LAVENDER ICE CREAM

Ingredients

- 2 c heavy cream
- 1 c half and half
- 2/3 c regular honey (mild flavor)
- 2 tbs dried, edible (unsprayed) lavender flowers
- 2 large eggs
- 1 tsp vanilla
- 1/8 tsp salt

Directions

Bring cream, half and half, honey and lavender just to a boil in a 2-quart heavy saucepan over modest heat, stirring occasionally, then remove pan from heat. Let steep, covered, 30 minutes.

Pour cream mixture through a fine-mesh sieve into a bowl and discard lavender. Pour into saucepan and heat over moderate heat until hot.

Whisk together eggs, vanilla and salt in large bowl. Gradually add 1 cup hot cream, whisking. Pour into remaining hot cream mixture in saucepan and cook over moderately low heat, stirring constantly,

until the temperature registers 170 to 175 degrees on thermometer, about 5 minutes (do not let boil).

Pour custard through sieve into cleaned bowl and cool completely, stirring occasionally. Chill, covered, until cold, at least 3 hours. Freeze custard in ice cream maker, following manufacturer's directions. The texture will be thick and custardy. TO harden, place in an airtight container and freeze.



After the paint dries, pour 2 inches of sand

MISSISSIPPI SWEET POTATO PIE

Ingredients

- 3 eggs, beaten
- 1 1/2 tsp cinnamon
- 2 pie shells, unbaked
- 4 oz butter, softened
- 2 c cooked, mashed sweet potatoes
- 2 c granulated sugar
- 1 can evaporated milk (small size)
- 1 tsp vanilla

Directions

Mix butter, potatoes, sugar and evaporated milk until well blended.

Add vanilla, eggs, and cinnamon; mix well.

Pour into prepared pie shells.

Bake in a 350 degree oven for about 1 hour, until set.



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

STRAWBERRY DELIGHT CAKE

Ingredients

| | |
|-------|---------------------------|
| 1 box | yellow cake mix |
| 1 c | fresh strawberries, cubed |
| 2 | kiwi, peeled and cubed |
| 2 c | whipping cream |

Directions

Make a yellow cake mix according to directions, in an angel food/tube cake pan. Remove from pan, place on plate top side up and cool.

Wash, remove stems, cube strawberries and drain. Peel, rinse, cut into cubes and drain kiwifruit.

Cut top of cake off gently one inch down from top; set aside, very gently. Scooping, carefully take out cake in bottom part of cake, ensure to leave 1 inch on sides and bottom, thus forming a bowl. Place a piece of the cake large enough to fill hole in bottom of cake. (Use some of the cake that was scooped out).

Cube cake that you scooped out. Place cake, kiwi and strawberries in bowl, mix lightly. Gently fold the Cool Whip into the cake/fruit mixture, ensuring

cake, kiwi and strawberries in bowl, mix lightly. Gently fold the Cool Whip into the cake/fruit mixture, ensuring to cover all the mixture with Cool whip. Fill cake bowl with cream mixture. Pick top up with care, put top on cake, press gently to seal.

5. Place reserved Cool Whip in hole on top arrange 3-4 halves or sliced strawberries around hole.



GRANDMA'S WEED SPRAY

Ingredients

| | |
|-------|----------------------------|
| 1 gal | white vinegar |
| 2 c | epsom salt |
| 1/2 c | Dawn dish detergent (blue) |

Put into gallon sprayer. If you don't have a sprayer, you can use anything that will spray out liquid.

Saturate weeds (early in the day is best)

Use every few weeks to control weeds. Safe to use around children and pets.



RHUBARB PUNCH

Ingredients

| | |
|---------|-----------------|
| 1 lb | rhubarb |
| 1 c | water |
| 1 stick | cinnamon |
| 1 1/4 c | sugar |
| 1/2 c | lemon juice |
| 1 c | pineapple juice |
| 1 qt | water |

Directions

Wash and trim the rhubarb, and cut into 1/2-inch pieces.

Cook in a heavy saucepan with water and cinnamon over moderate heat, covered, for 10 minutes.

Strain juices and discard rhubarb.

Stir in the sugar. Chill; then add remaining ingredients and serve over ice.



Holy Moley! Moles and Lawn Damage

Moles have the potential to ruin your lush-green, meticulously manicured lawn. Chances are, you don't have anything nice to say about them, but beyond their digging, they provide some benefits. Read on to learn more.

Molehills

- Mole damage shows up as long ridges of soil running through the lawn and as volcano-shape mounds of earth called **molehills**, formed as moles tunnel beneath the soil surface in search of food.
- You may also notice soil outside tunnel entrances, pushed there while moles construct deep permanent tunnels for nesting and overwintering.

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.



A Mole's Life

- Moles are often mistaken for rodents, but they are actually insectivores. Their diet includes insect larvae, spiders, earthworms, and lawn pests such as slugs and grubs. They do not intentionally eat plant material.
- To meet their high energy requirements, moles eat just about 24/7. They often consume the equivalent of 60–90% of their body weight in a single day and may tunnel 100 feet in the process.
- Moles are well adapted to the darkness of subterranean living. Nearly blind, they compensate with their keen senses of smell, hearing, and touch.
- As they dig through the earth with their large, shovel-like forepaws, their tiny eyes are protected from dirt by thin membranes. Their nostrils face to the sides of their pointed snouts to avoid being clogged, and they lack external ears.

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

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,

Benefits of Moles in your Lawn

- A mole's tunneling aerates and loosens the soil, which helps plant growth.
- They eat garden pests and are themselves a food source for foxes and other predators. Moles are often blamed for eating bulbs and the fleshy roots of ornamentals, but chipmunks, mice, and voles are actually the culprits.

Moles are most active in early spring; the damage usually subsides when the soil dries out later in the season. In the meantime, if you rake out the mounds and ridges, the lawn should recover on its own, and you won't be making a mountain out of a molehill.



Tomatoes, Turnips



Zion Farmers Market Newsletter

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THE CAT'S ME-WOW

Reward your cat with a special treat! At a small cost, you can **grow your own catnip**, with enough to supply the whole neighborhood.

How To Grow Your Own Catnip

Start with seeds. You can usually get a packet for a couple of dollars from a local nursery or home supply store or from a mail-order seed company.

Plant outside.

Sow the seeds in rows 18 inches apart in a garden or in one row down the middle of a flower box at least 16 inches wide and 10 inches deep.

Plant in well worked soil and in an area that receives moderate to strong sun. The seeds are fine, like basil seeds, so you might want to

mix them with sand for sowing.

Mulch. The plants prefer rich soil as long as it's mulched with hay, dried lawn clippings, straw, or cocoa hulls.

Harvest. Catnip grows quickly and can reach a few feet high in a few months.

When the plant reaches at least 18 inches high and has thumb-size leaves, but before it turns yellow, strip the leaves or cut the entire stalks.

Dry. Tie the stalks together and hang them upside down in the shade for a couple of days. Or lay the leaves on old newspaper in the shade.

Play. Bring a stalk out for the cats to rub against or roll on. Or crumble dried leaves and/or stems and tie them into four-inch squares of material using cotton string or thread. The cats will

string or thread. The cats will bat them, bite them, and possibly eat the contents.



Weekly Market Schedule

11 am Market Opens

7 pm Market Closes