

# Terre Foods Cooperative Market - Newsletter

April 2012

Volume 1 – Issue 4



**TERRE FOODS**  
*cooperative market*

## **White Violet Center Earth Day The 14th Annual Earth Day Celebration at Saint Mary-of-the- Woods, Ind., is 11 a.m. to 3 p.m. on Saturday, April 21.**

Terre Foods Cooperative Market will be providing wholesome food and welcoming visitors to become members of Terre Foods. Please come and lend your support and enthusiasm for TFCM!

<http://blog.whiteviolet.org/2012/03/14th-annual-earth-day-celebration-at.html>

## **Terre Foods 4<sup>th</sup> Annual Blueberry Festival – July 19!!**

TFCM's largest public event is scheduled for Thursday, July 19, from 11 a.m. – 7 p.m. in the parking lot of Terre Haute Central Presbyterian Church, 125 North 7th Street, Terre Haute, IN 47807. Fresh Indiana blueberries purchased the day before will be served with ice cream, baked goods will be available for the public. Bulk quantities of fresh blueberries will be available at discounted prices for advance orders from TFCM members. A variety of food vendors will be selling their wares on-site. Musical groups will be performing throughout the day. This is a terrific membership recruiting opportunity for TFCM! Come enjoy the nutritious food and good company. Your volunteer efforts are vital to the success of this event. Contact Holly Hudson to volunteer at [hudson40@gmail.com](mailto:hudson40@gmail.com)

## **Downtown Farmers Winter Market ends May 5; Summer Market begins June 1**

The days are warm and sunny, not typical of May. We are all patiently waiting for the return of the summer, outdoors Downtown Farmer's Market. The last indoors winter Farmers Market will occur on Saturday, May 5. The produce is limited to late winter and early spring vegetables but many other vendors are there with a variety of local products, fresh breads, local meats and cheeses, local artisans, honey, and, as always, fresh baked goods. And yes, Terre Foods is there. **Winter Market Clabber Girl Museum First Saturday of each month 9:00 a.m. - 1:00 p.m.** The summer **Downtown Farmers Market will open on Saturday, June 5, 8 a.m. to 1 p.m.**



## Terre Haute Herb Faire



The Wabash Valley Herbal Society will have its spring Plant and Herb Faire from 9 a.m. to 4 p.m. Saturday, May 12 in Fairbanks Park. Terre Foods will be meeting the public and recruiting members. Can you volunteer to increase the public awareness of TFCM? Contact Holly Hudson at [hudson@gmail.com](mailto:hudson@gmail.com)

<http://wvhsi.homestead.com/events.html>

## Volunteers Needed (Desperately)!

Terre Foods needs volunteers willing to talk about Terre Foods and share their story as to why they joined our co-op for the following two events:

- **Friday April 20th** from 10:00 a.m.-12:00 noon (and another shift from 12:00 noon-2:00 p.m.) for Earth Day at Union Hospital. Need two volunteers per shift. If you can only come for one hour, we still want and need you!!
- **Saturday April 21** Earth Day at the White Violet Center from 10:00 a.m.- 4:00 p.m. Volunteer opportunities include making salads, working the grill, helping set up, serving food, and explaining Terre Foods Cooperative Market to the visitors.
- **Saturday May 10<sup>th</sup>** Terre Haute Herb Faire 9 a.m. – 4 p.m. @ Fairbanks Park.
- **Thursday July 19 4<sup>th</sup>** TFCM Annual Blueberry Festival from 11 a.m. – 7 p.m. More details in future newsletters.

YOU are needed as a volunteer at these events public awareness events. Contact Holly Hudson at [hudson40@gmail.com](mailto:hudson40@gmail.com)

## TFCM Member Discount @ Bloomingfoods!!

Are you eager to get a TFCM member discount? Our stor isn't open yet, but you can use your TFCM membership card for a discount on purchases at any of the Bloomingfoods stores in Bloomington. But, you must have your membership card with you!

## ISU Earth Day and The Greenhorns Film

TFCM was well-represented at Indiana State University's Earth Day celebration on April 11. We had a number of people stop by our table several promised to send in overdue membership checks. That evening we screened the film The Greenhorns. The film highlighted the growing movement of young farmers in America and illustrated the importance of our efforts to establish a full-time marketing outlet for locally-produced foods. Following the film, which was viewed by approximately 50 people, we had presentations by Angie Hansen of Terre Haute Downtown Farmers Market, Patricia Weaver of Community Gardens, Jason Saavedra, and Jim Speer, the latter two both of ISU. Each speaker provided important insights on some aspect of the local food economy and its supporting infrastructure and answered questions from the audience. We hope that everyone who attended is inspired to support our own local Greenhorns.

## Blueberry Boot Camp with Aaron Warner

On Saturday April 24th a small group of people gathered for a workshop at Aaron's home to learn about blueberries. The morning began with some hands on practice at planting a blueberry bush. Aaron explained the importance of compost, mulch, soil PH and water in the success of growing blueberries. Nature provided the watering that morning so the workshop moved inside for more details about blueberries. A variety of blueberry topics were covered including, their history, the different varieties, propagation techniques, and harvesting. Each participant left with a wealth of information, a blueberry bush and the hope of enjoying the fruits of their labor.



Aaron's blueberries, blueberry bushes, and honey can be found at the Farmer's Market when it begins in June. He will also be a vendor, selling blueberry bushes, at Terre Foods Blueberry Festival on Thursday, July 19th. See a short video of the workshop by clicking on the link below:

<http://www.wthitv.com/dpp/news/local/blueberry-boot-camp?ref=scroller&categoryId=10001&status=true>

## Recipe of the Month

Good food is even tastier when prepared in proven recipes. Each month the TFCM Newsletter will feature a recipe from one of our members. This seasonal recipe is from founding TFCM member, **Candace Minster**. Send your favorite recipe to

<http://www.terrefoods.org/Contact.aspx>

### Kale Chips

1 bunch of kale, any variety, washed and dried 1-2 tablespoons vegetable oil Sea salt

Preheat oven to 325 degrees. Toss kale with oil and salt along with any other seasonings that you'd like to add. Spread on a baking sheet and bake for 10-15 minutes or so. Kale should be browned a bit and crispy. Eat right away!

Variations are endless, but a few of my favorites include; grated Parmesan cheese or a bit of balsamic vinegar for an Italian spin or chili garlic paste, tamari/soy sauce, sesame oil, or miso paste for an Asian spin. A friend of mine buys them premade with a mix of tamari, cashews, nutritional yeast and red peppers for a delicious vegan version that tastes remarkably like cheese.