

Locally Produced

Farms, Food & Gardening on the Southcoast

La Honda, Pescadero & San Gregorio



Volume 24

April 2010

Locally Available Food

News from Blue House Organic Farm's Website: <http://bluehouseorganicfarm.com/>: **Fruit addition to CSA box this year!**

This season we will be leasing a 2 acre orchard of fully mature fruit trees! The orchard is right here in Pescadero. There are many varieties of apple, pear, plum, persimmon and Asian pear. We will be including this fruit in the CSA box starting in late summer and going through to the end of the CSA membership. It's a new venture for us so we'll have to see what the trees produce this year. Although it's never had pesticides or chemical fertilizers used in it, this year it will be certified organic! So get ready for the best CSA season yet at Blue House Farm. And if you're not yet a member, check out the CSA page and sign up! Thanks, Ned Conwell 2601 Cloverdale Rd., Pescadero, California 94060 phone: (650) 879-0704 email: bluehousefarm@gmail.com

Harley Farms – 205 North Street, Pescadero, 94060, Phone: 650-879-0480, Website: <http://www.harleyfarms.com/>

Phipps Country Store and Farm: 2700 Pescadero Rd., Pescadero, CA 94060 (650) 879-1032 (650) 879-1132 (Fax). Phipps Country Store and Farm is open year-round during the following hours: April-October 10am-6pm, November-March 10am-5pm CLOSED MONDAYS
<http://www.phippscountry.com/>

Roadside Barn Farm Stand: Located at Pie Ranch, 2080 Cabrillo Highway (Coastal Route 1), 10 miles south of the town of Pescadero, ½ mile north of Ano Nuevo State Reserve. Hours: Saturday and Sunday, We are open from February through November, Sat-Sun 12-5PM in winter, and 12-6PM after daylight savings. <http://www.pieranch.org/farmstand/> The Roadside Barn Farm Stand features very locally grown products, including:

- Artisanal pies that change with the seasons
- Unique, sustainably grown in-season crops such as winter squash
- Pie Ranch grown popcorn and heirloom wheat to mill into flour
- Eggs from our free-range, pastured hens
- Sustainably grown and fairly traded coffee and tea

Markegard Family Grass-Fed Providing the community with locally born, raised and processed beef and lamb. We have a few shares left for our 2010 beef shares program. Lamb is sold out. Due to the high demand for local grass-fed meat, please make sure to get your order form in early to reserve your share. Give us a call or e mail us and we will send you our latest newsletter and order form. *Certified with the American Grassfed Association* <http://www.americangrassfed.org> (650) 747 0205 doniga@designsbydoniga.com

What's Happening Around Town by Annie Fresquez

Hey, thanks Mike for sharing news from **Norm's Market** with us!

“We now have our own Natural Apricot Jam- just apricots, natural sugar and pectin- no other additives or artificial sweeteners; in stock along with our Natural Olallieberry Jam. In the Bakery, Don's blueberry pies are back, full of antioxidants. Take a look at our new cookbook featuring many of the gourmet bottled items. Thanks, Mike”

Did anyone notice the new window open at **Duarte's Restaurant**? Flori & I sure did! We had to find out what's the scoop... It's a To-Go Window! You'll find it open on Saturdays & Sundays, taking orders only for their signature soups (with bread) and their famous pies. Stop by between 12-7pm and grab some great food to-go.



Isn't Cindy at **Pescadero Country Store** great at keeping us all wondering what's coming next? Fresh out of the produce aisle are her new garden-fresh salads. She's offering Caesar (\$5.75); with chicken (\$8.75); mixed green salad with lettuces, tomatoes, garbanzo beans, carrots, fava beans, mushrooms with a basil dressing (\$5.75); or potato salad (\$3.50). If this month's pizza recipes leave your mouth watering for a freshly-baked pizza but you just don't have the pizzaz to make your own tonight, pick up one at here at the **Pescadero Country Store**, they're all great!

Our Local Schools

School Meal Update—April 2010 – by Kathy Webster

Spring has arrived and along with it some great news—our meal participation rate is up and our deficit is down! We just ran our meal reports for March and we were pleasantly surprised to see the number of meals served has gone up 12%. This means we reached our goal of increasing our total daily meals served by 20 for the whole district. Thanks to all the parents, staff, and students for your support of the new food program.

How'd we do it? We reviewed our menu--eliminating menu items that weren't very popular and repeating the favored meals (pizza and quesadillas) more frequently throughout the month. We still have a well-rounded menu that delivers delicious, fresh, healthy meals. Haven't tried one of our tasty meals? What are you waiting for?

**

I recently watched the much talked about Jamie Oliver's show "Food Revolution," on ABC TV. For those who don't know who Jamie Oliver is, he is a celebrity chef and is also known as the "Naked Chef." Jamie is on a mission to make sure every kid gets good, fresh food at school. I love that someone well known is getting out there and really working hard to spread the word and demonstrate how it can be done—however, not without resistance. We need more people like Jamie. When I watched his show I could sympathize with him when he made a healthy meal from scratch and watched the kids throw it away. That was how my first week in the LHPUSD food program went! I watched a lot of kids throw away the food that we prepared. We just need to remember, it is all done in baby steps.

**

The other week I was invited to go up to the Davis Joint Unified School District (DJUSD) in Yolo County. With the help of a non-profit called, Davis Farm-to-School, DJUSD has been serving students healthy, fresh meals, but also they are able to teach a cooking class to the food service staff every 12 weeks. This not only teaches the staff work skills, but builds camaraderie. It would be great to be able to offer this to our food service staff once or twice a year.

Recipes, Menus & Health



Sausage and Mushroom Pizza Submitted by Annie Fresquez

Ingredients...Italian Sausage, cook and drain off any fat.
Mushrooms thin sliced
Pizza Sauce

Mozzarella cheese
Goat cheese
Whole Wheat Pizza Dough

I purchase my whole wheat pizza dough from Trader Joes Market. You can find whole wheat or white flour in the refrigerated section ready to go! Each package makes one pizza. Try the fresh-made Sausage from Cindy's meat counter in Norm's market. They have a great variety to choose from. I keep a supply of dried mushrooms available just in case fresh mushrooms are not available; rehydrate in warm water. If you are short on time Trader Joes makes a good pizza sauce (in the refrigerated section). I also like Paul Newman's tomato basil sauce in a jar. Top with grated mozzarella cheese. I like to crumble a little goat cheese on top of the mozzarella. Bake 375 for about 20 minutes.

Caramelized Onions & Gorgonzola Pizza – from Kathy Webster

1 onion, thinly sliced
Olive oil

¼ to ½ lb gorgonzola cheese
¼ cup ricotta cheese

Prepared pizza crust (see pizza crust recipe below or pick up Trader Joe's refrigerated whole-wheat pizza crust).

Put the onions and olive oil into skillet on medium heat and cook, stirring frequently, until onions are wilted and brown, about 15 to 20 minutes. Reduce heat if onions are browning too quickly. Set aside to cool a bit.

Place pizza stone in oven and preheat oven to 450 degrees.

Roll out pizza dough on lightly floured surface. Brush pizza dough with olive oil. Spread ricotta cheese on top (leaving an edge all the way around). Sprinkle cooked onions evenly around on top of ricotta. Crumble gorgonzola cheese on top.

Bake 10 to 12 minutes, or until done.

Whole-Wheat Pizza Dough

1 package dry yeast (about 2 ¼ teaspoons)
¼ teaspoon sugar
1-½ cups warm water (100 to 110 degrees)
2 ½ to 2 ¾ cups all-purpose flour, divided

1-cup whole-wheat flour
1-tablespoon olive oil
1 ½ teaspoons salt
Cooking spray

Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups, level with a knife. Add 2 ¼ cups all-purpose flour, whole-wheat flour, oil, and salt to yeast mixture, stirring until well blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down, cover and let rest 5 minutes.

Using your Bread Machine to make Pizza Dough

Arms too tired to knead dough? No desire to get your fingers sticky? Don't like dough under your nails? How about using that bread machine sitting idle up in your cabinet! I pulled mine out and decided to give it try. First thing to know is that it's not an instant or quick process. I added the ingredients and saw that the mixing and rising would take about an hour and a half. Hmm... to stay busy I decided to make my pizza sauce from scratch.

While it was simmering and the pizza dough was doing its thing in the bread machine, I did laundry and cleaned some floors. Phew... I was a multitasking machine! The machine chimed with the dough was done – next step was to gently remove from the mixing container and knead gently for a brief few minutes then let it rest another 15 min. Do ta do da do... killing time... sauce was done so I grated cheese for the topping, washed the dishes and cleaned the sink. Beep... now instructions said to grease my pizza pan & sprinkle with cornmeal. Hum... no pizza pan and no cornmeal... Brought out my big square cookie sheet and smeared it with a super super thin (I promise, Kathy) layer of Crisco (she hates Crisco, that trans fat thing). Next I gently stretched the dough out and over the pan making a small ridge along the edge to hold in all the goodies. Now... surprise surprise... let it rest again... this time for 20 minutes. I put the oven on preheat, gathered all my toppings – still 15 minutes to kill – went out to the greenhouse and pattered around. Back in, only a few more minutes – Beep Beep – I answered the timer's call and began to assemble my pizza.



Prepped and ready for the Oven



Out of the oven & ready to Eat!

Elapsed time? Approximately 2 ½ hrs. So the bottom line is if you're not in a hurry and you have plenty to do around the house, using your bread machine can be a good option.

Flori Curran's BONELESS BUFFALO WING PIZZA

Ingredients: Pizza Dough - (store bought or from scratch)
2 Chicken Breasts
Grilled seasoning (like McCormicks Steak Seasoning)
Extra Virgin Olive Oil
½ Cup Tomato Sauce
2 cups Shredded Monterey Jack Cheese
Chopped Green onions

1-2 T. of Worchershire sauce
Hot Sauce
Flour to work the pizza dough so it
doesn't stick to your hands/utensils
3 T. Butter
½ Cup Blue Cheese

Preheat oven to 425 degrees. Take the flour and work the pizza dough and roll it out and shape it to the size of your pan and let it rest there. Then take your chicken breast and drizzle it with the olive oil and season the chicken with the steak seasoning. Grill it to your liking and remove chicken breast and cut up into thin slices. Set aside.

In a saucepan melt butter then add tomato sauce, Worchershire sauce, and hot sauce (how much depends how hot you want it). Then add the grilled chicken. Mix well. Then dump the stuff on your pizza dough and then sprinkle the jack cheese and blue cheese. Sprinkle green onions and bake for about 15 minutes and EAT!

Excuse me, but my Ignorance is Showing!! By Sandra Stent

Aren't life's coincidences funny? Right after we finished last month's newsletter, I heard that Michael Pollan was going to be on Oprah talking about "Real Food." Cool, I thought; I couldn't wait to listen to him speak. The interview was good; (you can see a portion of it online here: <http://www.oprah.com/oprahshow/Food-Expert-Michael-Pollans-Food-Rules-Video>); even Bob sat down and watched it with me (mind you, we are NOT Oprah-In-The-Afternoon kinda people). Coming away from listening to Mr. Pollan, Bob & I decided we wanted to make a bigger effort to not eat processed foods. No more Tim's Jalapeno Chips for Bob; no more Pepperridge Farm Milano Cookies for me – not a big deal, really.

Really? Well, so I thought until I made my biweekly pilgrimage to the grocery store. Toodling along with a good cart (meaning smooth-rolling wheels), I loaded up on my regular list items: honey, cheese, bread (yes, Kathy, Whole Wheat!), nuts. Then got to the chips, hmmm, yes or no, all bad or some okay? Well, I do know that the nutritional value isn't good but are chips considered processed food? Then the real perplexing question hit me, what really is processed food? It was obvious that I really don't know. I finished my regular path through the store challenged to purchase only what I thought was "real food."

Not happy with my lack of confident buying, I shared my grocery receipt with Kathy and asked her to tell me what would be considered processed food or poor purchases. Okay, I knew the Progresso Traditional Clam Chowder would be on her list, and yes, the Sun Chips (which I've never bought before) were a push, and her quick eyes did catch my Lifesaver Peppermints as an empty calorie purchase, but to my surprise she really wasn't very critical of the 5 ingredient ice cream: no preservatives or strange ingredients, simply skim milk, cream, sugar, egg yolks and coffee. Though I appreciated Kathy's input, I still felt like I really didn't understand what I needed to avoid purchasing when buying items other than fresh. So, off to the internet I went...searching for the answer:

"What are processed foods? By Shereen Jegtvig, About.com Guide Updated September 01, 2009

<http://nutrition.about.com/od/askyournutritionist/f/processedfoods.htm>

Question: What are processed foods? I am having a hard time understanding what exactly is considered to be "processed food." Do you have a list or something that would help me? Jen - About.com User

Answer: Processed foods have been altered from their natural state for safety reasons and for convenience. The methods used for processing foods include canning, freezing, refrigeration, dehydration and aseptic processing.

We tend to think of processed foods as bad, but it turns out that many processed foods are not unhealthy. For example, milk would be considered a processed food because it is pasteurized to kill bacteria and homogenized to keep fats from separating. While some people prefer to drink raw milk, most of us should consume the "processed" version we find in our grocery stores.

Another healthy example of food processing is frozen vegetables. While fresh may be best, freezing vegetables preserves vitamins and minerals and makes them convenient to cook and eat all year around. Fruit and vegetable juice is also an example of a healthy processed food. In fact, some orange juice is fortified with calcium to make it even more nutritious. Of course, there are a lot of processed foods that aren't good for you. **Many processed foods are made with trans fats, saturated fats, and large amounts of sodium and sugar.** These types of foods should be avoided, or at least eaten sparingly.

Processed foods that may not be as healthy as fresh foods include:

- canned foods with lots of sodium
- white breads and pastas made with refined white flour, which are not as healthy as those made with whole grains
- packaged high-calorie snack foods, like chips and cheese snacks
- high-fat convenience foods, like cans of ravioli
- frozen fish sticks and frozen dinners
- packaged cakes and cookies
- boxed meal mixes
- sugary breakfast cereals
- processed meats

Processed meats might be some of the worst of these foods. Eating these meats may increase your risk of colorectal, kidney and stomach cancer. Processed meats include hot dogs, bologna, sausage, ham and other packaged lunch meats. These processed foods and prepackaged meals are very convenient and popular. If you do shop for these foods, be sure to look for products that are made with whole grains, low in sodium and calories, and free of trans fats. Make sure you pay attention to serving size, too, and balance out the processed foods you eat with a delicious fresh salad and some whole grain bread."

Was this information as helpful to you as it was for me? I sure hope so! I can't wait for my next buying expedition so I can try out my new savvy purchasing skills. Doing my best to keep it real and hope the same for you!

Budding Chefs, Farmers & Gardeners

Do you know which foods are processed? Adapted from: http://tiki.oneworld.net/food/food_quiz1.html

TIP: Round answer checkbox mean there's only one correct answer; square answer checkbox means it's possible there is more than one correct answer. Answers on last page.

1. Is cheese a processed food?



- No, it's a natural food
- Cheese grows on cheese plants, so obviously it's not processed
- Yes, all cheese is processed.
- Cheese comes from cows and so it's can't be processed, can it?

2. Beefburgers aren't processed.



- Yes, they are!
- No, they're natural...straight from the cow.

3. Are cola (fizzy) drinks processed?



- No. They come from the cola plant which grows in Mongolia.
- Yes.
- Cola comes from natural springs in Mexico. It's not processed.

4. Are big yellow grapefruits processed?



- They're yellow so they must be.
- Obviously. They come in cans, don't they?
- They're made in fruit factories to look like natural fruit.
- No.

5. Is bottled water a processed food?



- Water is not a food at all.
- Some bottled waters contain sugary flavorings and sugar is a food – so yes, it can be.
- Sure it is, yes!
- Water is one of the best foods.

6. Eggs aren't processed, are they?



- Yes.
- No, never.
- Only hen eggs are processed.

7. Processed food is bad for you.



- Some are.
- Anything that tastes so great has to be just fine.
- If you don't overdo it, they're okay.
- Many people think so, yes.
- Pig out on this stuff and you'll be superfit and superhealthy.

Backyard Gardens & Orchards

Starting over... again! By Sandra Stent

Like all you other backyard gardeners, this time of year I find myself with dirt on my nose, muddy knees, soil under my nails and a big smile on my face. Yes, it is definitely garden season once again! Hurray!

When our housing on TomKat changed late last Fall, I found myself blessed with a large deer-fenced soil-improved garden area and a vintage greenhouse. During those damp winter months, I gleefully poured over the seed catalogs and drew up garden plans. By the end of January the greenhouse had a roof again and was ready to get to work. By February 7th, I had everything organized, supplies arrived and I was ready to plant.

Radishes, flashy-troutback lettuce, nutra-bud broccoli, and sweet pea seeds hit the potting soil. Knowingly pushing the limits, I also planted some tomato and pepper seeds. In one of my recycled felt potato bags, I planted sprouting Daisy Gold potatoes. Each day I opened the greenhouse door, anxiously anticipating what I might find... and was not disappointed! The cold loving seeds popped right up as did the potatoes. Albeit a bit slower, soon some of the tomatoes unfolded out of the soil and even one pepper sprouted during those cold days. I wish I had the words to describe the breathtaking smell of inside of my greenhouse, sort of damp and rich but good and healthy at the same time.



Starts of lettuce, broccoli & green onions



Potatoes in a Bag



Garden Plot and Greenhouse

As you can see from the picture above, my greenhouse isn't anything that looks so good it would stop traffic. Yes, there's still weeds growing in there from when the roof was off (I'll get them all one of these days), then there's the collection of mysterious tools I haven't discovered a use for...yet; and I do have many creeping crawling friends watching over my shoulder like some kind of lizard thing, a toad, and of course spiders, When I have the doors at each end open to cool the air inside, hummingbirds buzz in and out collecting spider webs for their nests; one day I returned home to see a covey of quail exiting. I like that all kinds of living things are in there. I'm not even bothered too much (these words may come back to haunt me!) by the resident rodent (hopefully singular). When I find seed pots dug up, I just reseed and place the pots on a potting bench that has a screened top that goes over it. There's always something to keep busy with between the seed starting, transplanting and hardening off the young plant starts.

When the rains finally slowed and the soil began to dry, I started running my mower, Penelope, over the area where I plan to plant my garden, to cut down the weeds and reduce green matter. Finally last Saturday after that good warm spell, I knew the soil was ready. I fired up my old clunker rototiller, Uncle Paul, and took off. Holy Moly, I had forgotten what a workout it is to operate Uncle Paul! But oolala, the soil was turned and lovely. Grabbing a flat-edge shovel I created a few garden paths while using the extra soil to raise up the beds. Graduation day came for my garden-ready hardened off plants - in went the broccoli, lettuce and swiss chard. When I was finished, I was so proud to see those little plants out there and I bet they were dang happy to get out of the too-warm-for-them greenhouse.

Many more seeds are sprouting into plants with the warmer temperatures. I have more tomatoes, zucchinis (black & gold) 3 varieties of cucumbers, more broccoli, more lettuces, more radishes, green onions, little finger carrots, more potatoes, celery and the flower seeds: cosmos, more sweet peas, batchelor buttons, candytuft and sunflowers. Since she has better luck than I do, I'm buying pepper, Italian Parsley, basil and bulb onions from Flori. Meanwhile, we've already been eating out of the greenhouse, mainly the radishes and lettuces I planted in February along with celery from Flori and green onions. Ummm umm good - and looking forward to so much more to come.

When is it a Good Time to Plant?

By Flori Curran

It's that time of year again and everyone has "garden" fever. The sun is shining, the birds are back singing and your garden is just waiting for you to start working. But when is the right time to start planting?

First of all decide on what veggies you want to plant. Then you need to figure out if they are a "cool" crop or a "warm" crop. A "cool" crop is a plant whose seeds germinate best when the weather is not too warm, I would say under 70 degrees and a "warm" crop is a plant whose seeds start better in temps 70 degrees or above (so the soil is warmed up).

How do you know what plants are cool and what are warm? When you buy a seed pack look at the temperature for soil germination on the back. One of my favorite companies to buy seeds from is Botanical Interests. On the front of the packet it tells you if it's a warm season or cool season. Pretty simple, huh?

So okay, when do I start planting? Generally for the cool crops I like to start seeding in my garden right after the last frost. For me it's in April, around Easter time - weather permitting. Start now and you'll have a nice crop of veggies in early summer. For warm crops I usually start around May when the temperatures get around 70 degrees or above.

With good timing on planting your garden seeds, July and August will be your favorite months in your garden, just like me. Everything is popping with yummy fruits and veggies. So many tasty choices!

Its April go out and get DIRTY!!!!

From Locally Produced Readers

“Congratulations on the great job you do on this newsletter. Each one is better and better. I love that you have quotes from Wendell Berry. Will try recipes and plant some seeds. We've seen "Food Inc." but might come to the April showing at Native Sons. Happy happy spring!” (Pescadero)

“Hey guys, have you ever thought of starting a Pescadero Garden Club? I would love to attend monthly meetings where we could learn from each other, share seedlings/seeds, or have guest speakers. Let me know your thoughts.” (Pescadero)

“Hi- Love your newsletter and would like to know more. (I) appreciate the info about timing of different crops. How can I get my email on your regular list? Please add me. Also, if you are meeting about gardening and growing veggies, I would like to attend. Thanks!” (La Honda)

**LP: If anyone in the community is interested in starting a garden club, we'd be happy to provide the newsletter as a venue for passing and sharing information.

“Puente just passed your newsletter onto me. May I join your email list? I am a dietitian with the SM County WIC Program (work with Puente moms) as well as a board member of HEAL (<http://www.thehealproject.org>). I love the work you do with the schools. Thanks!” (San Mateo)

“Hi Everyone, I would love to receive your monthly newsletter. Can you please add me to your list? Thank you!” (Marin)

**LP: Interested readers can receive our free newsletter three different ways: by email (send an email to locallyproduced@earthlink.net with message “please subscribe”); by mail (call 879-2147 with your mailing address) or a note by mail sent to PO Box 726, Pescadero, CA 94060. Visit our website with current and archived newsletters, recipes and other fun information at: <http://www.locallyproduced.org>.

Evening - Check out this web site: raftalliance.org (RAFT Renewing America's Food Traditions). Go to Resources (*on right side bar*) and you can download a pdf of Place-based foods at Risk for California (16 pages) and just out The Forgotten Fruits Manual and Manifesto-Apples - 32 page color booklet. (Menlo Park)

**LP: Great Website! The above publications are very informative. Site also has great links to other food- and preservation-focused websites such as Slow Food, the Lunch Box, and American Livestock Breeds Conservancy, among others.

Other News of Local Interest

Submitted by Doniga Markegard: Readers may be interested in this series I put on YouTube from a recent visit with Joel Salatin to San Mateo County. Here are the details:

On February 20th, Peninsula Permaculture co-hosted an evening with Joel Salatin. Watch the [video](#) on [YouTube](#)! A diverse group of farmers, land owners, government officials and permaculture enthusiasts came together to talk about cultivating food closer to home. Joel Salatin addressed issues that San Mateo County, along with many other areas in our country, is facing. The average ingredient on a plate of food consumed in the United States travels 1500 miles from farm to plate. In our Mediterranean climate of California, **how can we create food security, local living economies, and relationships between land and land stewards while regenerating our land and resources?**

Joel Salatin suggested this **vision for San Mateo County**: *“I suggest a valid dream for San Mateo County would be to heal this landscape, to make it sequester more carbon and to re-populate the countryside with loving, nurturing, ecologically massaging stewards to see this ecology exercised to a pinnacle of success that it will never reach if it does not have loving stewards innovating, massaging and localizing and re-embedding our food system.”* [Watch all 9 parts of Joel Salatin's talk](#) on [Earth Action Mentor's YouTube Channel](#) Find out how you can **be a part of the solution!**

Processed Foods Puzzle Answers: **1 – Yes.** Cheese is a processed food. It's probably one of the first processed foods ever made by humans who discovered that milk didn't 'keep': it curdled, especially in warm weather. Today, cheese is mostly made in factories under strictly hygienic conditions using special microbes which make the milk curdle. **2 – Yes.** Beefburgers are processed. The animal has to be killed, the meat cut and ground up, mixed with various ingredients and grilled. Then the bread buns have to be made and all the other (processed) ingredients added... **3 – Yes.** Cola is processed like almost any canned or bottled drink. Its main ingredient is water with sweeteners, flavorings and colorings to give it the appearance and taste people like. **4 – No.** They are natural citrus fruits which grow on trees. **5 – Water is not a food and yes it can be processed when containing sugary flavorings and colorings.** **6 – Yes.** Tricky One! Unless you eat raw eggs straight out of the shell, all eggs are processed. Mostly you do this yourself in the kitchen when you boil, scramble or fry an egg. **7 – Some are; if you don't overdo it, they're okay; many people think so, yes.** Some processed foods are fine but many contain three important ingredients - sugar, salt and fat. The reason for this is that most people really love the taste of these things and eat much more than is good for them. So living off corn chips, hot dogs and cola isn't a cool idea.”

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****Other Information:**

If we at TomKat Ranch have surplus produce to share, we plan to harvest it ourselves, package it ourselves, and then make it available for sharing. That way, we feel we can control the impact on our land and the quality of our gift. Also, there's that liability issue always to think about and we are wrestling with how to be careful, generous and safe, all at the same time. Your ideas are welcome. And Please be careful if you decide to interact with others you may meet through the newsletter. A meeting in town versus at one's home might be more comfortable for everyone. Just food for thought...