

# Munch ON THIS



## **On Your Mark, Get Set . . .**

*By Marcia Rae  
March 24, 2010*

Spring seems to be springing up all around and everything is getting ready. The frogs are creating bedlam, ruby throated hummingbirds are whirring, and the weather is fluctuating 25 degrees in a day, trying to break free of the winter slumber. So this is a good time to clean house and take stock.

Spring Square Dance – April 9 is the Spring Square Dance, back by popular demand with caller Kirby Goode. Come for a hootin' good time and lots of laughs. Beginners are welcome. At the Rec Center, 7:30 to 9:30 p.m. \$10 or \$20 for the family.

Munch Night – April 16 is the next Munch Night. Local author, Elin England will be cooking it up with Penny of the Bramble House Restaurant. Elin's book, *Eating Close to Home, A Guide to Local Seasonal Sustenance in the Pacific Northwest*, is a perfect inspiration to eat local, healthy food. Plan on a great menu of local food with discussion by Elin. 6 p.m.

Farmers Market – April 17 is the start of the Farmers Market, downtown in its usual spot at the corner of Park and Main. Come for community, music, plant starts, and the bonfire. Some things will be different this year. New hours are 9 a.m. to noon. And we will be re-opening the popular community booth, a place where you can bring your produce and we will sell it for you. The Market runs on volunteer labor. Commit to 8 hours of your time and receive a free Market t-shirt, created just for you.

WillametteLocalFoods.com – Now. You don't have to wait for the Market to open to bring fresh, nutritious, food to your table each week. Just log on to WillametteLocalFoods.com and place your order. Pick up your food at Roots (on Main in Brownsville) on Tuesday afternoon. What could be easier? Tastier? Healthier? Put your money where your mouth is. Vote with your pocketbook for a local economy.

Go – There is no time like the present moment. Are you waiting for something? NOW is all there is. Take a look outside at this gloriously breathtaking day and be here now.

Munch on This – What are you waiting for? What are you missing?

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