



## ***In the Know***

*By Marcia Rae  
August 4, 2010*

Some people think I am at the Farmers Market every week because it is so much fun. Or they think it is because of the great local produce and April's bacon. They think it is to hear Mitch Ridinger play the guitar. Or they know how much I enjoy the sun and rain, the fire pit, and the kids. These are all great reasons to visit the Market, but really I go because there are so many people who KNOW STUFF.

For instance, just ask Dee Baker about berries and making jam. Melissa and John know about feeding a family with produce on a rocky hillside. (Use raised beds.) Kristi Glaser can tell you how to plant garlic -- at Halloween. Imagine that.

Donna Nelson knows which honey is the best, and I learned a lot the day Steve Van Sandt and George Wepler were discussing planting tomatoes. Shannon is building a green house with an attached rain water cistern. She knows more about it than anyone else around. Patty Linn knows figs and Margaret knows flowers. Lots of people can tell you about raising chickens for meat or eggs and Zaqueo has figured out the ins and outs of chicken tractors.

When it looks like I am working, I am really picking people's brains – what to plant. And when. And how. You may think that the planting season is over. But no. Now is the time to plant the "winter vegetables," which means things that you eat in the winter, not that grow all winter long, although some do.

You can still plant broccoli and Brussels sprouts. Sow seed directly into the ground with seeds from the Seed Ambassadors or get starts from Kim Graupensperger.. You could be eating broccoli fresh from the garden up until the hard frost when it will just disappear. Talk about putting some by; is there a better way to put some by than getting it directly off the plant? There certainly is no better nutrition than that. And really, that is what food is all about, isn't it? Food should be food --the stuff of strong bones, hearts, and livers.

If you get right on it, you can still plant carrots, beans, and chard. August is the month to plant lettuce, mustard greens, turnips and spinach. And don't forget the parsnips. So good in the winter, sautéed in a little butter. Ask Bill Sattler; he knows parsnips.

In our climate, a person could eat out of the garden almost all year long. With the people who live in this community, someone who will know how to do it. A good place to start asking questions is at the Brownsville Farmers Market. Come and see me. I won't necessarily know the answer, but most likely I will know someone who does. Community. That is what we are all about. Find it at the Market.

Munch on This – What do you know?

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon. Be in the know. Music is Cowboy Bob Eskew and Friends.

PSS – Want to help? Contact me.

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