

# THE MARKET NEWSLETTER

Volume 1, Issue 1

Summer 2013

## POTOMAC HIGHLANDS FOOD AND FARM

### Plant Grant Assists Growers

Kimmy Clements attended the West Virginia Small Farm Conference in March and met Charles Bockway of Brilliant Streams publishers who liked the concept of the Potomac Highlands Food and Farm Initiative (PHFFI) and its outreach. After some discussions, Mr. Bockway offered to provide \$1500 for PHFFI to disperse "Plant Grants" to those market gardeners and farmers who wished to increase their productivity but lacked sufficient funds.

The PHFFI Board met and reviewed applications to determine how to split the funds to provide assistance as follows:

**Andy Minear**, of St. George, a Future Farmers of America (FFA) member at Tucker County High School (TCHS) and a new market gardener applied funds to erect a high tunnel in order to increase yield and sell at the 2013 Taste of Tucker Farmers Markets;

**Andrew Hauser**, of Eglon, a FFA member at TCHS and a Farm to School vendor who applied funds to erect a high tunnel in order to increase yield and growing season;

**Kimberly Harper**, of St. George, long-time gardener and 2013 Taste of Tucker Farmers Market vendor was assisted in expanding her garden and plant edible perennials;

**Roxanne and Ray Tuesing**, of Hendricks, long-time producers and 2013 Taste of Tucker Farmers Market vendor were assisted with edible perennial and annual transplants to increase yield and provide for the local marketplace;

**Cory Chase**, of Red Creek, previous and current member of the Taste of Tucker Farmers Markets was provided funds to improve fencing;

**Applewood Transitions**, of Davis, previous and current member of the Taste of Tucker Farmers Markets was able to expand their garden and improve fencing;

**Kristen Behrens**, of Red Creek, returning to the marketing sector, focused her efforts on herbs and garlic.



Andy Minear



Kristen Behrens and her daughter Avah

PHFFI hopes to offer similar grants for the growing season in 2014. If you are interested in this or similar initiatives, please contact Kimmy at 304.259.5388 or [phffi@frontier.com](mailto:phffi@frontier.com).

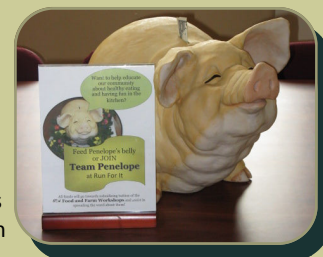
### Team Penelope for Food & Farm Workshops

Kyle Weaner, Gabriel Rogers and Kimmy Clements are collaborating on a series of workshops with topics that will lend a hand to healthier lifestyles. To help cover the cost of these workshops and keep them at affordable prices, Team Penelope was created for Run For It. Funds raised at this event will help subsidize costs to make tuition more affordable and help us spread the word. In addition to Run For It, TCF's pig, Penelope, is accepting team sponsorships, so Food & Farm Workshops can assist our residents and visitors with affordable education.

Each of the presenters bring different food and farm related experience to the table and have a passion for healthy eating. The workshops' mission is to share essential kitchen skills for cooks of all backgrounds so they are empowered to create healthful and satisfying food regardless of their budget. Farm topics will break down barriers and help people realize the simplicity of growing and raising your own food, whichever level you choose. Both are attainable, life-changing and worth the effort.

Classes will be offered in a variety of locations and times to give most people a chance to fit it in their schedule. Others are welcome to share their expertise through our education effort. Please inform Kimmy about other class offerings in the area so she may help promote them.

Upcoming topics include Cooking Simply, Sauerkraut and Pickles, Chutneys, Condiments and Cranberries, Fresh Herbs 101, Canning Made Easy, Bionutrient Rich Crop Production and Charcuterie at Home.



Feed the Pig

POTOMAC HIGHLANDS FOOD AND FARM INITIATIVE

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## Gardening at the Schools

Both elementary-middle schools in Tucker County, Tucker Valley and Davis Thomas, now have vegetable gardens with teachers on board to implement gardening curriculum into normal programming. Many teaching goals were accomplished this spring through garden programs, including proper use of tools, different measuring techniques, categorizing, graphing, problem solving, using pictures for expression, and many more.

Jan Michael's Kindergarteners, at Tucker Valley, were involved on a regular basis throughout the entire process of installing the garden. From calculating spacial needs and choosing a good site to removing sod, building the fence and planting seeds and transplants. They painted signs, mulched to maintain moisture and took great pride in their garden by visiting and helping Kimmy

Clements at the Garden Club during the summer. Parents and incoming kindergarteners also participated.



4<sup>th</sup> grade gardeners mentored the 1<sup>st</sup> graders in transplanting

Up at Davis Thomas, the butterfly garden that was created by a 4-H member was partially transformed into a vegetable garden, in addition to the new plot that was begun in the playground area. Due to inclement weather and schedule challenges, the playground garden will be completed this fall with fencing and planting of a cover crop to get the soil ready for spring planting. Ms. Clements worked with 1<sup>st</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders from Davis Thomas throughout the spring engaging in seed starting, soil testing, gardening trivia and tool usage. Getting students out of their normal environment allows them to show strengths that aren't as apparent in a classroom setting.