



Notes...on food in the community

Community Food and Nutrition Institute (CFNI)
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Editor's Note:

The CFNI newsletter is all about food in the community. CFNI is a small non-profit trying to make a difference and give voice to those working hard to serve the community. This issue features the Cheverly Community Market and some of the people who make the market a jewel in the community.

Other articles include the following:

- Food prices in your neighborhood
- Recipe

Let us know what you think,

info@communityfoodandnutrition.org.

Inside this issue:

Organization Profile (cont.)	2-3
Food Prices	2
Photo Gallery	3
Recipe	4



Organization Profile: Cheverly Community Market

What is a community market?

In this instance, it is a 4 year old farmer's market very much founded and based in a community named Cheverly, MD.

Every other Saturday the market is held in the heart of Cheverly. While the market is small, it has a huge heart made up of the vendors that participate. Barbara Liston is the market manager and she manages the market with a group of volunteers.

The **Lal Family Bakery** is run by Arvind, Crystal and Nick, their son. Crystal Lal happens to be the person who originally thought Cheverly needed a farmer's market and started one. According to her husband, Arvind, she next thought the market should have a bakery. They found a local bakery, Firehook in VA, to provide freshly made bread and pastry. Their bread inventory is quite diverse and includes rosemary, whole wheat, granola loaf, walnut raisin, fig and pine, black olive and thyme, cheese, swiss farmer, sourdough, Pain de Campagne (French country), baguettes, and Cubana breads. They also sell fresh tortillas and chips made by Moctec, a family-owned bakery

located in Landover, MD. All of the bakery goods sold by the Lal family are all organic, with no preservatives and made either the day before or very early the morning of the Community Market.

Simply Sausage, based in Landover, MD, provides artisanal sausages. Their stall was manned by Stanley Feder, president of the company, Alex Mejia, and Santo Bonilla. These sausages are handcrafted, made of all natural meats and products, the best spices, and contain no antibiotics. Non-pork products include beef, lamb, chicken, and turkey. Pork products include Brats, Italian, French, Spanish, American, Polish, Greek, English, Phillipines, and South African. Stan proudly said they follow excellent quality control methods, tasting products three times to make sure everything is right. We tasted a chicken with Hatch green chillis that was great! Look them up at www.simply-sausage.com.

Martha's Jams are traditional and tropical flavors created by Martha Allen. She has had a stall at the market since its inception. Martha started making jams as a hobby. The more she made, the more family and friends wanted them. However,

(cont., p.2)

Notes...on food in the community

Organization Profile: Cheverly Community Market (cont.)

she only has a stall at the Community Market; sometimes doing a festival once in a while. When Martha makes jam, it's an all day process. One batch takes 45 minutes to an hour to complete. For sugar-free jams (apple butter, grape-peach, grape-raspberry-black raspberry, grape-raspberry-strawberry, orange-mango), she gets 4-5 jars per batch. For regular jams, 6-8 jars are produced per batch. She makes so many regular jams spending a day making jams is no surprise — apple butter, apricot, berry blend, blueberry, ginger, guava, hot mango, hot pineapple, mango-ginger, mint, pineapple-ginger, pineapple, pineapple passion, spiced fig, strawberry, strawberry-kiwi - just to name a few.

The **Benny's Fruit Market** stall is run by a young couple, Mark and Rachel. According to Mark, his family was originally a family of masons who started fruit farming on the side in 1968. Now he is the third generation of fruit farmers. They're based in Orrtanna, PA and only do the Cheverly Commu-

nity Market.

Pong's Orchard is located in Fulton, MD and belongs to Al and May Pong. They grow Asian pears, white peaches, persimmons, kumquat, calamondin, and fragrant flowers. May ran the stall on the day we visited. She has a great green thumb and had a few beautiful tomato plants, herbs, and even a lemon tree bearing fruit.

Jack of Hearts Sustainable Seafood is owned by the Gaylord family outside of Baltimore, MD. According to Nina Clark, they sell sustainable seafood from the Pacific Northwest and Alaska. They have stalls at the Cheverly Community Market and others at BMI, Charles St. Bridge, and Greenbelt. On the day we visited the Community Market, Nina was selling a couple of types of smoked salmon.

(cont., p. 3)

Food Prices in Your Neighborhood

Are you a comparison shopper? Do you ever wonder which store has the better food prices in your neighborhood? In this column we will compare food prices across 3 stores in a given zip code area, using a market basket approach. This method allows us to create a food basket, which is based on healthful alternatives. We will choose fresh fruits and vegetables in season, whole grain bread, 2% milk and ground turkey. *This is food news to use!*

Baltimore, MD July 25—31, 2011

Food Basket	Safeway—21218	Shoppers—21216	Giant—21218
Apples (2 lbs)	\$3.98	\$3.00	\$3.98
Whole grain bread (loaf)	\$4.49	\$2.25	\$3.99
2% Milk (1/2 gallon)	\$2.59	\$2.49	\$2.59
Broccoli (1 lb)	\$1.99	\$1.49	\$2.49
Ground Turkey (1.3 lbs)	\$5.99	\$4.99	\$3.50
Total Cost	\$19.04	\$14.22	\$16.55

Greenbelt, MD July 25—31, 2011

Food Basket	Safeway—20770	Shoppers—20740	Giant
Apples (2 lbs)	\$3.78	\$3.00	\$3.38
Whole grain bread (loaf)	\$4.49	\$2.25	\$3.39
2% Milk (1/2 gallon)	\$2.59	\$2.59	\$2.59
Broccoli (1 lb)	\$1.99	\$1.49	\$2.49
Ground Turkey (1.3 lbs)	\$5.99	\$4.99	\$3.50
Total Cost	\$18.84	\$14.32	\$15.35



Simply Sausage



Benny's Fruit Market



Lal Family Bakery

Running Hare
Vineyard

Barbara, Market Manager



Pong's Orchards



Organization Profile: Cheverly Community Market (cont.)

Running Hare Vineyard, located in Prince Frederick, MD, definitely made an impression on us. Barb and Mike Scarborough, the owners, truly provided "a little bit of Tuscany and Napa in southern Maryland" with small samples of some of their choice red and white wines. Learn more about them at www.runningharevineyard.com.

Last but not least, the **Schlagel Farms** stall sells vegetables at the Community Market. Based in Waldorf, MD, this family farm will celebrate its 100th year in December 2011. Russ Schlagel represents the third generation and his wife, Eileen, who operated the stall, proudly noted that their 5 children represent the 4th generation to carry on the family farm tradition. The farm sells wholesale to Giant and Whole Foods. They participate in several local farmer's markets. She does the Cheverly market. On Sundays, one son does a mar-

ket in Rockville and another son does the Alexandria market. They also participate in the markets in Greenbelt and Annapolis. In May, you can pick your own strawberries. And in the fall, you can visit their pumpkin patch. More information can be found on the farm at www.shlagelfarms.com.



It's all about food in the community. We are dedicated to empowering communities to strengthen their overall public health. Our services focus on nutrition education and outreach, nutrition research, and nutrition policy. Through partnerships with community organizations, schools, and churches, we promote food in a healthful, affordable, and enjoyable way.

We're on the Web!

www.communityfoodandnutrition.org

Recipe: Different Ways to Enjoy Martha's Jams



Directions:

- Jams may be used to marinate or glaze meats. Dilute them with water to the consistency desired.
- A vinaigrette for salads can be made with the jams by also diluting with water to taste.
- Jams are also great with cream cheese on crackers or bread.

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating."

~Luciano Pavarotti & William Wright

