



Notes...on food in the community

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

Our third newsletter marks the beginning of the fall season. It's 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. In this edition, we're featuring the Northeast Market, one of Baltimore's historical public food markets. We're also spotlighting one of the Market's "old timers", Mr. James Bowen, owner of Bowen's Bakery.

Other articles include the following:

- New York's Garlic Festival
- Food prices in your neighborhood
- Recipe

Let us know what you think,
info@communityfoodandnutrition.org.

Inside this issue:

NY Garlic Festival	2
Food Prices	2
Person Profile (cont.)	3
Org. Profile (cont.)	3
Recipe	4

Person Profile: Mr. James Bowen

Mr. James Bowen is a very interesting character. He enjoys what he does and was willing to share his story.



Mr. Bowen has owned Bowen's Bakery in the Northeast Market for 36 years. He works with his son, daughter and wife. During his interview, almost a dozen people came by just to ask how Mrs. Bowen was doing. He remarked, "Well she has been a little under the weather, but she is getting better."

These exchanges provide a glimpse into the character and presence of Mr. & Mrs. Bowen in the Market.

He knows most of his customers by name. All of his goods are baked by him and he is proud to be one of the few "old timers" left. Mr. Bowen explains an "old timer" as "Those of us who have been in the Market for

over 30 years." Bowen's Bakery is situated in the southwest corner of the Market, across from Fellner Meats. Interestingly, Fellner Meats was owned by his brother-in-law, who sold his stall before he passed away. It was such a mainstay that the new owners decided to keep the name.



Organization Profile: Northeast Market

The Northeast Market was built in 1885, exactly 100 years after the first market, the Broadway Market was built. It was built as the area around Johns Hopkins Hospital was being developed. In 1896 the market was enlarged. Its original wooden structure was replaced and modernized in 1955 with a brick building. This renovation was done with a

\$102 million city bond issue. The Northeast Market is 36,452 square feet and its interesting story is detailed on Baltimore Public Market's website at <http://www.bpmarkets.com/>.

Each market was originally constructed of wood and most had a second story which was used for assembly purposes; armory, political, social and entertainment. Most were

plagued by fire at some point in time and now are built mostly of concrete, cinder block and brick. The original markets were open air stalls, but today, they are all enclosed structures. These markets are considered the last stronghold of independent food merchants who trade on personalized service and the quality of their merchandise in an atmosphere that still reflects community.

Notes...on food in the community

Garlic Festival in Saugerties, New York



Who knew that there were so many varieties of garlic – some even spicier and hotter than others!! For 22 years a garlic festival has been held in Saugerties, NY, upstate about 100 miles outside of New York City. It’s a celebration to reawaken an awareness and deep appreciation of what garlic aficionados lovingly refer to as the “stinking rose.” The fruits of the harvest, entertainment, food, camaraderie, crafts and fun are the highlights of the 2-day event; this year September 25-26. Sponsored by the local Kiwanis Club, all profits are donated to enhance the community in which the festival is held.



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 month we are hitting two areas, Baltimore & Greenbelt, MD. 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 October 3 - 9, 2010			
Food Basket	Safeway—21218	Shoppers—21216	Giant—21218
Apples (2 lbs)	\$3.18	\$2.58	\$3.78
Whole grain bread (loaf)	\$3.99	\$3.89	\$3.29
2% Milk (1/2 gallon)	\$2.29	\$2.09	\$2.49
Broccoli (1 lb)	\$1.49	\$1.29	\$1.59
Ground Turkey (1.3 lbs)	\$4.49	\$4.99	\$3.49
Total Cost	\$15.44	\$14.84	\$14.64

Greenbelt, MD Area October 3 - 9, 2010			
Food Basket	Safeway—20770	Shoppers—20740	Giant—20770
Apples (2 lbs)	\$3.78	\$2.58	\$3.78
Whole grain bread (loaf)	\$3.99	\$3.89	\$3.99
2% Milk (1/2 gallon)	\$2.29	\$2.39	\$2.49
Broccoli (1 lb)	\$1.89	\$1.29	\$1.59
Ground Turkey (1.3 lbs)	\$4.49	\$4.99	\$2.99
Total Cost	\$16.44	\$15.14	\$14.84

Person Profile: J. Bowen (cont.)

If you ask Mr. Bowen's daughter, Rosie, how long had she been working at the bakery, her reply would be 31 years. You'd respond with a confused look because she doesn't look a day over 25. Quickly, she explains that it seems she was born at the Market. But technically she's been getting paid for the past 15 years.

Rosie is somewhat of a connoisseur of things new. While her dad bakes the goods, she decorates. She creates flowers and on the day of the interview used an airbrush to decorate a beautiful Quincenera cake, a specialty for the celebration

of a Latin American girl's fifteenth birthday.

Bowen's Bakery is like any other bakery that you might visit. With one exception, everything is baked by Mr. Bowen. What's most interesting and probably explains their staying power, is that they have kept up with the changes in commercial bakeries. Mr. Bowen says if you want a picture of yourself on your cake, he can do it. If your child wants a princess cake or a superman cake, they do that too. They also make wedding cakes and Mr. Bowen joked that "We don't make too many divorce cakes though."



All in a day's work for Rosie at the bakery.



Organization Profile: Northeast Market (cont.)

The Northeast Market is an amazing place to visit and shop. The most interesting vendors can be found under its roof. You actually can meet Johnny, who owns Johnny's Deli. He sells everything you would find in your local grocery store deli, but with a little something extra, a history of being in the Market for over 48 years. Then there was Bowen's Bakery, owned by Mr. James Bowen, he's been there for over 36 years. He bakes all of his own goods. Across from Bowen's Bakery is Fellner Meats, which coincidentally used to be owned by Mr. Bowen's brother-in-law who passed away. The new owners decided to keep the name.

Shore Seafood has been in the Market since 1943. The owner is Shannon, his dad was Bud

Rose and Shannon has been there for 28 years. Initially they only offered fresh seafood, but with the demands of the community, they now offer carryout. Richardson Farms has been selling fresh local produce in the Market for 67 years. Mr. Richardson says that he was 6 years old when he and his mother and grandfather would come to the Market. He actually started coming to the Market when it was an open air stalled market.

The owner of Something Fresh has been in the Market for 19 years. He's considered one of the new kids on the block. He sells fresh produce, some of it sliced and ready to eat.

One thing all of the individuals featured here had in common is

that they are truly a mainstay in the community. They all say that they know many of their customers by name and that many of them have been coming to the Northeast Market for generations. Shannon of Shore Seafood says that "the Market is centrally located in the hub of the community; this hub is where the highest numbers of individuals are concentrated."

Picture it — an historic place, in the heart of a community. Experience the personality of unique boutiques, eateries, fresh food, produce and bakery shops. They have just about everything your local grocery store offers; fresh meats, fish, produce, baked goods. You name it, your public market probably has it.

Northeast Market

2101 E. Monument Street
Baltimore, MD 21205
Hours of Operation
Mon – Saturday 7 am – 6 pm
Phone: 410-685-6169

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: Sweet Potato and Sausage Soup



A nickel will get you on the subway, but garlic will get you a seat.

~ Old New York Proverb

Ingredients:

3 Tbsp extra-virgin olive oil
 1 10- to 11- ounce fully cooked smoked Portuguese linguica sausage or chorizo sausage, cut crosswise into 1/4 inch thick slices
 2 medium onions, chopped
 2 large garlic cloves, minced
 2 pounds red-skinned sweet potatoes, peeled, quartered lengthwise, cut into 1/4 inch thick slices
 1 pound gold Yukon potatoes, peeled, halved lengthwise, cut into 1/4 inch thick slices
 6 cups low-salt chicken broth
 1 9-ounce bag fresh spinach

Directions:

Heat 2 Tbsp oil in heavy large pot over medium-high heat. Add sausage; cook until brown, stirring often, about 8 minutes. Transfer sausage to paper towels to drain. Add onions and garlic to pot and cook until translucent, stirring often, about 5 minutes. Add all potatoes and cook until beginning to soften, stirring often, about 12 minutes. Add broth; bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer until potatoes are soft, stirring occasionally, about 20 minutes. Using potato masher, mash some of the potatoes in pot. Add browned sausage to soup. Stir in spinach and simmer just until wilted, about 5 minutes. Stir in remaining 1 Tbsp oil. Season with salt and pepper. Divide among bowls and serve.

Source: www.epicurious.com