



August 2016 Newsletter



Corn Spinach Avocado Salad with Chili Lime Dressing

By Micki Brown
Serves 4

Salad Ingredients:

- 2 ears sweet corn, boiled 3 minutes, then cut off cob
- 1/2 - 1 bunch spinach, stems removed, torn
- 1-2 green onions, sliced
- 1/4 cup fresh cilantro, coarsely chopped
- 1 avocado, large dice
- 1/4 cup red bell pepper, chopped
- 1/4 cup pumpkin seeds/Pepitas
- 1/2 cup Monterey Jack cheese (optional)

Dressing Ingredients:

- 1/4 cup extra virgin olive oil
- Juice of 1-2 limes
- 1/2 - 1 tsp chili powder
- 1 clove garlic, minced
- 1/4 tsp sea salt
- 1/4 tsp black pepper

Directions:

Place all dressing ingredients in a pint size mason jar. Put a lid on it and shake well.

Toss all salad ingredients together and top with dressing. ENJOY!



Coming Soon

to the

High Desert

Farmer's Market

Recipe Demonstrations

by Micki Brown

Beginning

August 4, 2016 @ 9:30 a.m.

Featured recipe on 8/4 will be:

Corn Spinach Avocado Salad with Chili Lime Dressing

National Farmers Market Week

August 7 through 13

Now more than ever, farmers markets serve as anchors across American communities, positively influencing community health and wealth. Markets result in more viable regional economies and local farm businesses, increased access to fresh, nutritious food, and stronger social networks that help keep communities healthy. By the beginning of 2016, there were more than 8,500 farmers markets in the U.S.—that is 50% more than just five years ago.

Farmers Markets

Preserve America's Rural Livelihoods and Farmland

Between 2007 and 2012, America lost more than 95,000 mostly mid-sized family farms, while the average age of American farmers increased to nearly 60. Farmers market serve as business incubators that allow farmers, ranchers, and entrepreneurs to keep overheads low and test new products and markets.

- Small and mid-size farmers who sell at farmers markets have nearly a 10 percent greater chance of staying in business than those selling goods through traditional channels.
- Even small community markets are champions of farmland preservation and farm viability.
- 80% of farmers market vendors in Iowa, New York, and California said that farmers markets offer them a greater opportunity for business development than traditional food retail outlets.
- The seven Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support 9,491 acres of farmland in diversified production.
- There are 3.5 times as many U.S. farmers over the age of 65 as there are under 35. Farmers markets provide one of the only low-barrier entry points for new farmers, allowing them to start small as they learn and test the market.
- 16% of farmers selling at farmers markets are under 35 and 43% have farmed for less than 10 years. These rates are twice the national rates for all farmers according to the 2012 Ag Census.
- 50% of farmers selling at farmers markets derive at least half their revenue from farmers market sales.
- The number of farmers markets operating in winter months has nearly tripled since 2010. The 2,469 markets open in the winter provide an extended opportunity for farmers to do business.

"We were working hard to protect the region's farmland but realized that without a new generation of farmers and stronger local food systems, there would be no one to work the land, protected or not."

Noelle Ferdon, Director of Local Food Systems, Northern California Regional Land Trust