



Greetings fellow gardeners! This is the first installment of the PCG monthly newsletter. In addition to email updates from Andy Eckart, this newsletter will provide information about upcoming events in the garden. It will also contain gardening and cooking tips, as well as local news and events that pertain to gardening. We want this to be a community effort! If you would like to contribute to the September edition of the newsletter, or if you have any questions or comments about this edition, please email Kristin Vogel at kristinevogel@gmail.com. We plan to distribute this newsletter the old-fashioned way...via postal service. If you would prefer an electronic copy only, email Kristin.



Lights On gardener watering their plot

The Lights On gardeners have been hard at work this summer. Check out the pumpkin patch, and the bat boxes around the garden!

Lander Farmers Market Starts August 3rd

Is your garden overflowing? Would you like to make a few extra bucks selling the cookies or jam that all your friends rave about? Are your chickens laying too many eggs for you to eat? Well....it's that time of year. Why not consider selling your goods at The Lander Farmers Market? It will be starting up the 1st Tuesday of August from 5:00 to 7:00 and promises to be bigger and better than ever! The market will be held in the Pioneer Museum's parking lot each Tuesday night for as long as the weather will allow. Janet Smithson organizes the market and expects there to be veggies, crafts people, local meat vendors, a wide variety of baked goods, jams and jellies, eggs and cooked-food vendors. Prospective vendors should plan on arriving between 4:00 and 4:30 to set up. Market spaces will cost \$5.00 a week for local vendors, and \$40.00 for out-of-state and people reselling produce.

Here is some useful information for potential vendors:

- ✓ Contact the Consumer Health Services for the regulations and permit if you plan on selling hot, cooked foods.
- ✓ Ingredient lists are helpful on baked goods and jams and jellies, which are all permitted for sale under the Wyoming Cottage Food Rule.
- ✓ Produce sellers should display their product attractively, and clearly mark prices.
- ✓ Leafy greens and other produce should be shaken or brushed off to remove the majority of dirt, but left unwashed.
- ✓ Anything sold by weight will need a certified Wyoming scale.
- ✓ Eggs and meat need to be kept chilled.

If you are interested in being a vendor, or have any other questions about the market you can contact Janet Smithson at 332-0441, or juniperjan@wyoming.com.

What is Food Freedom?

As you may be aware, Wyoming Food Freedom, a grass-roots organization that is represented in the Wyoming legislature by Congresswoman Sue Wallis, has been working to draft and pass the Food Freedom Bill.

Essentially, this bill would protect our right to buy clean, whole foods direct from our local farmers and ranchers without government interference.

Under the current legislation called the Food Safety Modernization Act S. 510, a “one size fits all” approach is being applied to food safety that does not recognize the difference between small family farms and industrial agriculture operations. It places fees and very costly regulations on small direct market farmers and small food processors, which essentially prohibits them from selling their goods direct to the consumer. The worthy goal of this law is to protect consumers from E.

Coli and salmonella. However, these health threats are directly caused by the enormous scale and nature of the industrial agriculture system. Check out the Food Safety and Inspection Service’s current recall list, http://www.fsis.usda.gov/fsis_recalls/open_federal_cases/, and you will discover that the “safe” food coming from USDA inspected facilities is not necessarily safe. Wyoming Food Freedom’s goal is to protect the informed consumers’ rights to buy clean food from whomever he/she chooses, including grass-fed beef, raw milk and dairy products, value-added goods such as salsas or pickles, and produce. If you want more information on the Wyoming Food Freedom organization, check out their website at <http://www.wyomingfoodfreedom.org>.

You will find the full 2011 Food Freedom Bill, as well as upcoming events and contact information.

Summer Squash Time!



Summer squash is one thing Wyoming gardeners can count on each season. Without fail, more zucchinis, patty pans, crooknecks and yellow squashes than a person can eat or possibly count are harvested from just a couple plants. There is never a shortage of summer squash at the farmers market either. So, what do you do with such a bountiful harvest? Here are a few simple ideas (and one not so simple but delicious!) to help you make the most of your summer squash harvest this year:

- Slice squash lengthwise, brush with olive oil and salt and pepper. Then grill!
- Make a simple casserole: Layer blanched squash slices alternately with chopped onion sautéed with breadcrumbs and grated cheese of your choice (I use parmesan). Repeat two or three times and top with butter. Cook in a 350 degree oven until hot and bubbly.
- Freeze grated summer squash in freezer bags to use in breads and muffins during winter. Make sure to squeeze excess moisture from the squash before freezing.
- Double Chocolate Zucchini Cake!

¾ C. oil	3 T. cocoa
1 ¼ C. sugar	½ t. baking powder
2 eggs	1 t. baking soda
1 t. vanilla	½ t. each cinnamon and cloves
2 C. grated zucchini	2 ½ C. flour
½ C. sour or buttermilk	1 small bag of choc. Chips

Heat oven to 350 degrees; grease 9 x 13 pan. Mix all ingredients together and bake 30-35 minutes. Top with your choice of frosting, whip cream or powdered sugar.



Putting the 'C' in PCG



There's a lot to do to at our community garden. We are a very young group, and are still working towards a vision of a beautiful and functional space that not only gardeners will enjoy, but the community at large. The Garden Beautification work party went down on Sunday, July 25th. It was a hot day to say the least! But, that did no stop our efforts. Garden members laid down weed barrier around their raised beds, and then hauled and spread mulch on top. Members also weeded around the fruit trees, and began to take down the temporary fence. There were snacks and cold drinks to keep everyone going. Mulch and weed barrier is now available for members who could not attend. The weed barrier is inside the garden shed. A width of three feet is recommended around each bed. Inside the garden shed there is also a communication board. Watering help requests, vegetable sharing, and tasks that you can do to help around the garden are all posted. If you have lost the combination to the lock, email Andy Eckart at andy@andyeckart.com. Thanks for all your help!



Do You Like to Cook and Preserve?

You've grown the vegetables and herbs, now what are you going to do with them? PCG will be offering cooking and preserving classes throughout August and September. The Lander Meatloaf Company has generously donated the use of their kitchen. The classes will be held on the 2nd and 4th Monday evenings from 6 to about 7:30 depending on the class. Dates and topics are as follows:

Aug. 9th - Pesto and Bruschetta
 Aug. 23rd - Pickling 101
 Sept. 13th - Scrumptious sauté greens
 September 27th - Sauerkraut and cabbage rolls

Please email Kristin Vogel at kristinevogel@gmail.com if you want to attend a class. Supply lists will be emailed prior to class. See you there!

Donate Your Extra Fruits and Veggies to the Care & Share Food Bank

If your garden runneth over, and you would like to donate some of your produce to those less fortunate, stop by the Care and Share Food Bank at 281 Garfield Street between 10:00 – 12:30 on Tuesdays, Wednesdays or Thursdays. You can also schedule a donation drop-off at a time outside their regular hours by calling 332-7364. Thanks!



Lander Parks and Recreation gardeners tending their vegetables.

LOOKING FOR A FEW GOOD MEN & WOMEN

PCG is looking for a couple folks to join our board of directors. Do you have some good ideas, or a vision of what you would like to see happen in the garden? Or, would you simply like to do more for the cause?

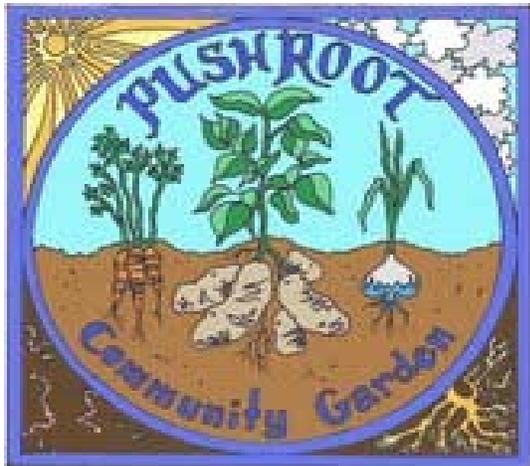
Responsibilities would include, but not be limited to, a regular monthly meeting. If you are interested, email Andy Eckart at andy@andyeckart.com.



Garden Members hauling mulch to spread around their beds at July 25th's Garden Beautification Party. Stay tuned for the end of the season Harvest Party!

GET YOUR PCG LOGO GEAR

Show your support! PCG is accepting orders for T-shirts, hats and bags. The T-shirt has the PCG logo on the front, and a groovy illustration by Virginia Moore on the back. The bags and hats have just the logo. T-Shirts cost \$15.00 (\$17.00 for XL and XXL sizes). Hats are \$17.00 and bags are \$13.00. Jessie Anderson will be taking orders. You can reach her at nursinmama@gmail.com or at (307) 221-3933.



Back of T-shirt design



Front Pocket of T- shirt
Logo on the bag and hat