



WEST FREDERICK FARMERS E-NEWS

What's up with what's fresh, local and produced by your neighbors!

West Frederick

Saturday Market:

*Every Saturday 10 a.m.-1
p.m.*

*Baughman's Lane behind the
Potomac Physician's Building*

*We are a "Producer Only" Market
which means the people you buy from
are the ones who produce, plant, grow
and harvest these items. This assures

A Look Inside Scenic View Farms

Imagine trying to keep pace with the changes and variations in Washington suburban area tastes for fruits and vegetables, and having to decide what to grow on a 300-acre farming operation so that your "inventory" is constantly on the move.

Successful farmers have to do this every day, and Rich Calimer and his family members on their farms and orchards in the rolling hills of Sabillasville work every year to find the secret. "The biggest challenge is keeping things coming in regular," says Rich, as he described the growing season that begins in March with hothouse tomatoes planted for harvest in June; sweet corn and peas germinated in March for June harvest; corn planted weekly and cantaloupes picked daily in the growing season

and harvest these items. This assures that you are getting locally and quality grown products.*

Congrats West Frederick Vendors and Shoppers!

The Contest is Over...

**WE'RE #15 NATIONAL
SMALL MARKET and #3
FAVORITE IN MARYLAND
FOR 2011!**

[Click here](#) to read more, then click on "Small Markets"

Upcoming Events

tomatoes planted for harvest in June; sweet corn and peas germinated in March for June harvest; corn planted weekly and cantaloupes picked daily in the growing season to keep supply constant, all the way to the last crop of tomatoes planted in July in hopes of tomatoes in November!

[Scenic View](#) supplies not only West Frederick's market but six other large markets in Montgomery County, 10 roadside stands and the family's retail operation. It's all in the family---with farms and orchards owned and run by Rich's brother, brother-in-law, daughter, and nephews who are the seventh generation of the family to be on the farm.

Rich grew up in northern Frederick County when the family market operation consisted of his brother selling from the picnic table at their house. Rich headed to the University of Idaho for an education in agricultural marketing, staying out West in Montana for a time to learn it the hard way when he spent 10 years working for a wholesale distributor on seed plants and grain elevators. He returned to Frederick County to lead the expansion of the farms' marketing footprint and the construction of two more buildings for handling all the produce.

His marketing background comes in handy as he notices the buying habits of the different communities where the markets are located—for example, people everywhere won't buy seeded watermelons anymore, that the African American community in Montgomery County clamors for hot peppers that don't sell in Frederick, and that people prefer bicolor corn!

End of Market Contest:

Shagbark Mountain

Cattle, grass-fed beef, lamb, pork,
chevon, soap, eggs and
chickens...from now till the last
Market day, every purchase enters
you in a drawing to win 35 lbs of free
meat!

Saturday October 22nd:

Pumpkin Day at the Market!

Kids can drop by our pumpkin
painting station and come home with
a work of art from the Market! Plus,
an adult Pumpkin Painting and a
Family Pumpkin Carving contest on
Facebook--cool prizes!

Music by the Main Line Gravy

Soppers!

Stay tuned!

Water: It's More than Just

Note to market shoppers: Scenic View is happy to take pre-orders for pickup at
the market: just call **301-271 2149**.

Never Judge a Book...or Tomato...by Its Cover

Although they may not be the tomato shaped to the “perfect” round medium size or graced by a vibrant, unscathed red coating, the heirloom tomato, which has a high disease resistance, offers an organic, rich flavor to its consumer that many store bought tomatoes cannot. Farmer Rick Hood of Summer Creek Farms says that the heirloom tomato is difficult to grow because its thin skin is easily torn in the fields or during transportation. However, patient farmers like Rick grow and often sell these organic, delicate, rich-in-flavor tomatoes at our very own Frederick Farmers Market!

HEIRLOOM TOMATO PIE

Serves 6 to 8

Ingredients:

3 large eggs, lightly beaten

1 cup shredded fontina cheese

a Weather Condition for Our Farmers!

As consumers we know when the lack of water is forcing us to use the hose or the watering can to keep our small gardens alive. We can sympathize with our area farmers!

So how did some of our farmers fare with this year's precipitation?

“This year, it was cold and wet early, then as if someone turned off the spigot, it stopped. That’s when the underground water line [turned on]--working to irrigate produce with an inch of water every 5 days.” *An inch, by the way, is 27,000 gallons of water on an acre!*

--Rich Calimer, Scenic View Farms

“It’s been a really rough year. Very

1/2 cup half-and-half
1 large ripe tomato, thinly sliced widthwise
8 ounces fresh mozzarella, cut into 6 thin slices
1 (9-inch) unbaked deep-dish piecrust
Seasoning salt to taste
Pesto for serving

Directions:

Preheat the oven to 350 degrees F. In a medium-sized bowl, combine the eggs, fontina cheese and half-and-half and mix well. Arrange the tomato slices overlapping the mozzarella slices in the bottom of the piecrust. Sprinkle with seasoning salt. Spoon in the cheese mixture and bake for about 30 minutes, or until the crust turns golden and the cheese is thoroughly melted. Cool to room temperature before serving.

wet early, but hot and dry most of the summer. Not a good one." *It takes 9,000 gallons of water a day to irrigate Rick's farm.*

--Rick Hood, Summer Creek Farms

"We had enough rain to get us started, but of course we would always have liked more. We expect July to be a dry spell, so we were ready for it."

--Nancy Weiss, Chesapeake's Choice

"It really wasn't as bad as last year's drought, but the pastures have all dried up now, we will be finishing the year giving winter feed to the stock."

--Danny Rohrer, Rohrer's Meat Market
