

Davis County

Produce Growers Newsletter

Winter 2016

Welcome! This is our first ever newsletter dedicated to serving local farmers, produce growers and farmers markets in Davis County, Utah. The intent of this newsletter is to facilitate communication for all produce growers and local suppliers, provide resources and share knowledge and ideas. We encourage anyone who would like to submit articles, stories, recipes and events for future newsletters to contact us with your submissions.

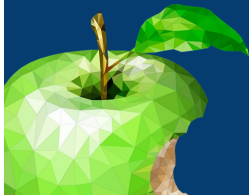
NEWSLETTER MESSAGE:

Every year our farmers and growers in Davis County deal with food surplus. This surplus can account for much of the 133 billion pounds of food waste that we create in the US each year. Aside from the wasted produce, this causes financial loss and can put unnecessary burdens on landfills and incinerators. As local farmers, you have wonderful options that can benefit both you and the community around you. In Davis County we have access to both community and religious food pantries such as the Family Connection Center Food Bank in Layton and the Bountiful Community Food Panty, where farmers can make donations of unclaimed and surplus produce (see each organizations rules and regulations). This helps individuals and families in poverty/emergencies and generally qualifies the donations for tax deductions. Farm to school programs and initiatives are another good way to secure regular sales of your product. But why stop at schools? Farmers can sell and contract direct to worksites, hospitals, recreation facilities or anywhere that requires good, fresh food. Another often overlooked practice in reducing surplus and waste is to form partnerships.

As farmers join efforts they are able to avoid flooding the market with too much of the same crop and use their 'unsaleable' produce for animal feed or even for programs such as the 'Inglorious Produce' initiative and uglyfruitandveg.org. Finally, use social media to your advantage. Consumers will often lose the benefit of your produce because they are unfamiliar with how to prepare or cook it. Consider adding a blog or twitter account to your Facebook and web pages. Post recipes, share promotions and give meaningful communication to your surrounding communities. As we prepare to embark on a new year and another season, we wish you, our farmers and growers, the best in your endeavors. May we work together to make 2017 our best year yet!



HAPPY
New Year



VEGETABLE HIGHLIGHT: Pumpkin

DID YOU KNOW?

- There are over 30 different varieties of pumpkins grown in the USA
- About 1.5 billion pounds of pumpkin are produced annually
- The world record heaviest pumpkin weighed 2624.6 lbs (grown in Belgium, 2016)
- Pumpkins will grow on every continent except Antarctica (they even grow in Alaska!)
- That beautiful orange color is a sign of beta carotene. Pumpkins are high in vitamin A and vitamin C

NEWSLETTER RECIPE: (This is one of Phil's favorite autumn meals)

Dinner in a Pumpkin:

- 1 Pumpkin—cleaned out
- 1 small chopped green pepper
- 1 c chopped celery
- 1 8oz can mushrooms
- ½ c water
- 1 handful slivered almonds

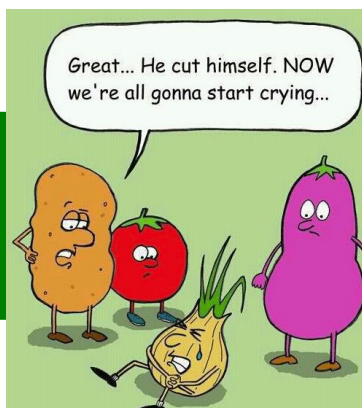
- 1½ lbs. pork sausage
- 1 c chopped onion
- 2 c cooked rice
- 2 cans cream of chicken soup
- 1 can sliced olives

Directions:

Sautee pork, green pepper, onion and celery. Pull from heat and drain off fat. Mix in remaining ingredients (except pumpkin) and fill into pumpkin. Top with the lid, and put onto a large cookie sheet to bake at 350° for at least 1 hour (depending on the pumpkins thickness). Exterior shell will be easy to peel with a fork when finished.



Please submit your favorite recipes for the next newsletter!



Resources:

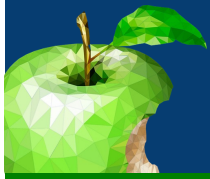
- CSA Utah: www.csautah.org
- Utah's Own: www.utahsown.org
- www.farmersmarketcoalition.org

Contact info:

Call or email Phil (below) for contacts with USU Extension, Utah State Health Department, Farmers Market Coordinators, Grant funding information or any other requests for information

Announcements:

- As a community partner, you are invited to our first Food Environment Stakeholder Meeting — January 31st @ 11:30 am (Please see RSVP)
- USU Extension cooking contest and fair — Jan 28th (Flyer attached)
- Jed and Alisa Littlefield of Littlefield Farm and CSA in Layton have moved to Idaho. It is sad to see one of our local growers go. We will miss them.



Winter 2016

Save the Date

Food Environment Stakeholders Meeting

Tuesday, January 31, 2017

11:30 a.m. - 1:30 p.m.

Davis County Administration Building

Room 131

Farmington, UT

Lunch will be served

Please RSVP by January 20th to Marcie Clark at
mclark@co.davis.ut.us or (801) 525-5072

Purpose: Discuss food environment issues including food
insecurity, healthy eating and community resources.





4-H WASATCH FRONT

COOKING

CONTESTS



USU Extension 4-H invites youth from across the Wasatch Front to participate in two 4-H cooking competitions.

JAN. 28, 2017

The Legacy Events Center
151 South 1100 West
Farmington, Utah

FAVORITE FOODS

3RD - 12TH GRADE

Contestants will be judged on the selection, knowledge, and presentation of a favorite food.

HEALTHY CUISINE

5TH - 12TH GRADE

Contestants will use creative talents in planning and preparing a quick, nutritious meal in 1 hour (from preparation to cleanup). Individual or team registration.

Prior 4-H membership
IS NOT REQUIRED

\$35 for non 4-H members
\$20 for registered 4-H members
(t-shirts included with registration)

Registration Deadline:
MONDAY,
JAN. 9, 2017

To register and for more details, visit extension.usu.edu/WasatchFront or contact susan.adams@usu.edu.

4-H WASATCH FRONT CONTESTS



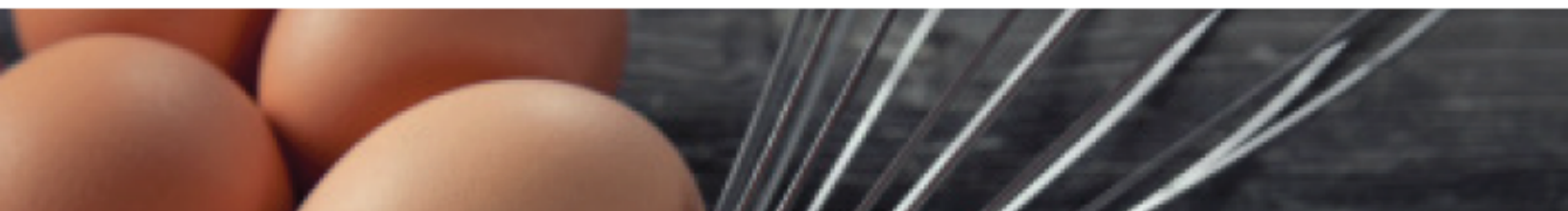
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4-H WASATCH FRONT

COOKING

CONTESTS AND FAIR



JAN. 28, 2017

The Legacy Events Center
151 South 1100 West
Farmington, Utah

USU Extension invites you to provide a booth, demonstration, and/or workshop at our Wasatch Front Cooking Contests and Fair.

We will be hosting about 70 youth for our first-ever cooking contests at the Wasatch Front. There will also be a health and nutrition fair which will allow contestants and their families to gain tips for a healthy year. This will be done in an interactive and fun environment while contestants wait for the contest results during our awards celebration that evening.

The general public will also be invited.

FAIR HOURS:

9 a.m. – 3:30 p.m.

COST:

No Fee

Educational, fun, and interactive booths, demonstrations, and workshops are encouraged.

**APPLICATION
REQUIRED**

APPLICATION DEADLINE: MONDAY, JAN. 9, 2017

For more information and to apply, please contact Susan Adams at susan.adams@usu.edu.
Additional information can be found at extension.usu.edu/WasatchFront.

4-H WASATCH FRONT CONTESTS



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