



Start-A-Slow-Food-Life-Now Tip of the Month:

Take advantage of all the wonderful plant starts available at the Farmers Market this month. Pick two or three things you love to eat often and give them a home outside your back door. A favorite, easy to grow combination is one heirloom tomato plant and three basil plants. A super start to summer salads, sauces and pestos.

Slow Food and Market Events

2nd Saturday of Each Month, Winston-Salem Retail Farmers Market at the Fairgrounds off Coliseum Drive

Slow Food Booth, 6AM to noon. Slow Food is hosting a fun, informational booth at the market. We are actively seeking volunteers to help staff the booth. Please contact Jill Crouse if you're willing to help out, JillC@OldSalem.org.

3rd Saturday of Each Month, Greensboro Farmers' Curb Market

Slow Food Booth, 7:30AM to noon. Beginning May 20th, Slow Food is hosting a fun, informational booth at the market. Let Lavonne Childs know if you're willing to help out, lrchilds2002@yahoo.com or 336-454-2551.

Every Tuesday through Friday 10-6 and Saturdays 10-4

Minglewood Flowers & Plants, 1100 Reynolda Road, Winston-Salem
In stock are organic vegetable bedding plants, with a variety of Asian greens, lettuces, and swiss chard. Around mid April, Minglewood will have a variety of herb plants as well as fresh produce Call 725-5364 for more information.

April 9, 11—5 PM, Pottery Festival, Greensboro Farmers' Curb Market

More than 70 potters will exhibit their pottery under one roof. Handmade, glazed earthenware, stoneware and porcelain will be on display and available for purchase. Admission and parking are free.

April 22, 6 —noon, Herb Day, Greensboro Farmers' Curb Market

Herbal displays and exhibits by the Herbal Thyme Guild.

April 22, 10 AM-3 PM, Piedmont Earth Day Fair, Unitarian Universalist Fellowship of Winston-Salem

4055 Robinhood Road. Will include a mini-farmers' market.

April 22-23, 11th Annual Piedmont Farm Tour, Carolina Farm Stewardship Association

31 local and organic farms in Orange, Chatham, Alamance, Lee and Person

Counties will open their fields and barns for thousands of visitors to celebrate Earth Day weekend by learning how local farmers produce food for the community. For more information, go to www.carolinafarmstewards.org, or call CFSA at (919) 542-2402.

April 29, 6 AM—noon, Spring Blossom Day, Greensboro Farmers' Curb Market

Come celebrate the onset of the Spring blooming season with plant demonstrations and exhibits. Annuals, perennials, hanging baskets and more are available. Admission and parking are free.

April 29, 11 AM-3 PM, 11th Annual Taste Fair, Deep Roots Market Cooperative

3728 Spring Garden St. Greensboro. Join Deep Roots Market Cooperative for this FREE community celebration featuring delicious samples of freshly prepared organic foods and wellness samples. Call 292-9216 for more info!

April 30, 1—5 PM, [Goat Lady Dairy](http://www.GoatLadyDairy.com) Open House

Bring the whole family to experience the farm for yourselves. There are animals to touch, eggs to gather, herbs to smell and gardens to tour. You can also stroll in the woods or meadows, relax by the pond or even picnic. The farm's family and prize winning cheese makers will be there to help you learn about their life on the farm and give you a taste of farmstead cheese. Of course, you can also purchase some cheese to take home. 3515 Jess Hackett Road in Climax. Phone (336)824-2163, www.GoatLadyDairy.com.



Slow Food:

- Celebrates regional food traditions, the pleasures of taste, local markets, and the rituals of slow meals.
- Supports the small farmer that cares for his land, the artisan producer who knows her clients, and the restaurants that features fresh, local food.
- Teaches young people in the methods of organic growing and the joys of harvesting, preparing, and sharing food.
- Loves the earth and finds ways to protect its biodiversity while drawing a sustainable yield.



Farmers of the Month

Robert and Lucille Oakley by Donna Myers

Every spring it is exciting to see the farmers' market come alive again. The dark green tables that sat empty through much of the winter will soon be camouflaged under a huge variety of North Carolina produce. The aisles will seem somewhat smaller as they fill with happy shoppers maneuvering with armloads of the fruits of our local farmers. The atmosphere around the market in the spring can easily be compared to a family reunion where everyone catches up after a short time apart.

I always enjoy seeing Robert Oakley and his sister, Lucille Oakley who have been selling at the Greensboro Farmers' Curb Market for over fifty years. Robert and Lucille farm in southeast Guilford County on land that has been in their family for three generations dating back to 1898. Over the years I have come to anticipate the beautiful and clean green onions that the Oakley's bring in the spring. From what I've heard from other farmers green onions are quite labor intensive when it comes to pulling and washing, yet every year there seems to be more than the last.

The Oakley's also sell green beans, silver queen corn, and other produce as well as a variety of flowers at tables 99 and 100 at the Greensboro Farmers' Curb Market. You can usually expect the Oakley's at the market all the way up to Christmas most years. After you've bought your produce, stay a moment and chat. Both of Robert and Lucille Oakley have a story to tell and they love to share it!

Gardening Tips by Charlie Headington

April 15 is the typical no-frost date, but beware of late freezing, as we are experiencing in late March. Seedlings (tomato, pepper, eggplant) may need some coddling. Beans can be started. Melon seeds can wait till May 1. Last chance for potatoes, lettuce, carrots, peas, and greens. Again, Harmony organic fertilizer from Greg Molner (Amish) at the GSO Curb Market can accompany seedlings or be scratched into the soil. Fruit trees: pinch off excessive fruit for larger fruit.

Foodies of the Month

Bistro Sofia: Tasting Lunch

On May 21, 2006, Slow Food will have the opportunity to enjoy local, seasonal food at one of Piedmont's best restaurants, Bistro Sofia on Dolley Madison Road, Greensboro. Beth Kizhnerman and her staff will be working with local growers to plan and prepare a three course meal with a cheese course and wine from North Carolina vineyards.

Join us at for a slow meal together. The growers will be there also to talk about their food. \$25, plus gratuity. Reserve your space at 336-855-1313.

Farm Fresh in April

Asparagus
Greenhouse Tomatoes
Radishes
Spring Onions
Lettuce
Herb Starter Plants
Bedding Plants

Always Available at the Greensboro Farmers' Curb Market

Eggs
Butter
Goat Cheese
Milk
Bread
Beef, Pork and Sausage
Middle Eastern delicacies
Coffee
Jams and Jellies
Salsa
Bread and other baked goods
Stone-ground flour, grits and cornmeal
Home décor
Soap
Hand-made jewelry
Knitted Goods

Resource Guide

Slow Food Piedmont Triad mission, discussion, events, resources and more www.SlowFoodPiedmont.org
To join the Slow Food Piedmont Triad list serv, email info@SlowFoodPiedmont.org with "Slow Food" in the subject line.

To suggest content ideas or submit articles for the Slow Food Piedmont newsletter email Laurie O'Neill at lponeill@slowfoodpiedmont.org

Slow Food USA
www.SlowFoodUSA.org
Slow Food International
www.SlowFood.com

