



February 2010 Pick Up

Pick Up Schedule

February 3rd, from 8 am until 1 pm
February 4th, from 5 pm until 7 pm

March 3rd, from 8 am until 1 pm
March 4th, from 5 pm until 7 pm

Recipe of the Month

Frozen Berry Smoothies

By Jill Frazer

Wonderful as an afternoon pick-me-up.

1 cup assorted **Winter Sun Farms** frozen fruit
½ frozen banana
1 cup apple juice
Honey (optional)

1. In a blender, place fruit, banana, and apple juice. Puree until smooth and creamy. If desired, add honey to sweeten and blend briefly. If you would like it less thick, add additional apple juice.

Serves 1-2

Farm of the Month

Hominy Valley Organic Farm

By Tom Kousky

This pristine land was a pasture and a mowed lawn before we bought it in 2006. Twenty years ago it was owned by a farmer who had a barn and a few cows. He kept the pasture natural and the cows grazed the grass that grew without any fertilizer. He sold it to a couple who kept it as a lawn and mowed it but never applied any fertilizer. This land has never been treated with chemicals. We have about 1.5 acres under production and grow a large variety of vegetables, using OMRI certified products only (used in certified organic production). We prefer to enrich the soil by seeding cover crops and adding lime as needed. Additionally, we add pelleted chicken manure.



Farming has been my career. We also have a farm in Florida, that we've farmed for the past 25 years. In the first year of farming in North Carolina, we had a very small production, focusing mostly on increasing the soil fertility.

In the third year of production, we grew the largest variety yet and added flowers.

This year we built a greenhouse and plan to grow seedlings for the next year and annual flowering plants for sale. We sell at Smiley's flea market in Fletcher and on a curbside at a few locations in downtown Asheville. We have a list of clients to whom on Mondays we send an email with what's available, they send in their orders and we deliver twice a week to the Asheville locations. We are in NC from March until late October. If you are interested in ordering with us please email Tom at TomKousky@hotmail.com.

Other Available Products

Sadie's Caribbean Fish Cakes

12 oz package for \$13.25

Our fish cakes are a crisp, light and spicy Caribbean-style appetizer, ready to enjoy anytime. You can prepare it in minutes, from freezer to your enjoyment. If you were at BRFV for the Marketplace in September, you might have been lucky enough to try one. Fish cakes are made at Blue Ridge Food Ventures by Leslie Suber, Sadie's daughter.

The Wild Salmon Company offers

Sockeye Salmon

\$12.50/lb for boneless vacuum sealed packaging; portions or full fillets.

Hominy Valley Farms

Land and Cattle

Frank and Jeanette Wilson are 3rd generation farmers at Hominy Valley. They are offering their beef products this month, along with farm fresh eggs. Ground beef, stew meat, chuck roast and NY strip are all available.

Imladris Farm

Walter and Wendy Harrill

Many of you know Wendy and Walter's delicious berry jams and apple butter. Now you can find those same pure fruit tastes in their ice creams: Blueberry; Blackberry and Apple Cobbler. They also offer their pasture-raised lamb chops; ribs; leg of lamb and ground lamb.

BRFV Winter Sun Farms

This was the first year of Winter Sun Farms and we appreciate your support so much. We are planning now with our farmers on what they will be growing this coming season. We would love to have your feedback to make this program even better next year.

Please take a few minutes to send us an email with your thoughts on the following questions:

- **What were your favorite items?**
- **What did you think about the packaging?**
- **What else would you like us to offer?**
- **Other suggestions....**

Thank you so much for being a part of Winter Sun Farms at Blue Ridge Food Ventures.

Winter Sun Farms was partially funded by grants from the Agricultural Advancement Consortium of the North Carolina Rural Center and the [North Carolina Tobacco Trust Fund Commission](#).