

# Roots & Sprouts

News and Ideas from the Belmont Farmers' Market

spring 2011

[www.belmontfarmersmarket.org](http://www.belmontfarmersmarket.org)



*Opening June 9th -  
rain or shine!*

**Thursday afternoons  
1:30 to 7:00 pm  
Belmont Center parking lot**

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## Meet the Belmont Food Collaborative

*Parent organization of the Market gains not-for-profit status*

The Belmont Food Collaborative—perhaps you haven't heard of it and would like an introduction? The Collaborative was created in June of 2009 as an umbrella organization to comprise the Belmont Farmers' Market, the Pomona Project, and other charitable and education activities focused on good food, nutrition, and local and sustainable farming.

Last December, the Collaborative succeeded in achieving 501(c)(3) status from the Internal Revenue Service. The board and volunteers received much appreciated *pro bono* support from the law firm of Weil, Gotshal & Manges LLP, which also helped establish the Collaborative two years ago. Because of the 501(c)(3) status, donors will now be able to make tax-deductible gifts to the Collaborative to support its community education efforts and participation in food distribution programs for neighbors in need, as well as the Market itself.

Achieving 501(c)(3) status involved considerable hard work, the majority of which came in the form of thinking through and writing out some 20 pages of purpose and goals to meet the very strict requirements of the IRS. After the submission, there was an intensive response to IRS follow-up inquiries. "We couldn't have done it without the help of Weil, Gotshal," said Anne Stuart, a board member and active participant in setting up the Collaborative. Russell Stein, attorney at the law firm, said, "We were grateful for the opportunity to help this organization—they go way beyond what a typical farmers' market does."

David Webber, program coordinator of the Massachusetts Department of Agricultural Resources, observed that the Belmont Farmers' Market has now joined the ranks of other 501(c)(3) groups like the Boston Public Market, which works to build a year-round market in the city, and the Federation of Massachusetts Farmers Markets.

"From the start," said Stuart, "we've wanted to increase education about food and nutrition, and to help families in need get fresh produce. To really do those things right we've needed fundraising—which you can only do effectively if donors can deduct their gifts."

Since its opening in 2006, the volunteer-run Belmont Farmers' Market has provided a wide variety of educational outreach. Heli Tomford, who led the initiative to develop the Market, describes these activities: "We distribute the *Roots & Sprouts* newsletter to the schools, senior center, and library. The Market's web site and e-mail newsletter, appearances by local chefs at the Market, and movies at the town library are things we've had in place from the start. We hope to offer classes and workshops on backyard growing, preparing and preserving foods, and healthy eating. We also want to build more awareness about sustainable approaches to food production. And we're always open to new ideas!"

Educational opportunities abound at the Market. Tomford points out that the Flats Mentor Farm stall, with its abundance of Asian greens, not only serves a particular

*(continued on page 4)*

# Craft Beer Arrives in Belmont

*A wide array of local and worldly brews just steps from the Market*

Want to peruse over 500 kinds of craft beers from all over the world? Make haste to the Craft Beer Cellar, one of Belmont Center's newest stores.

Kate Baker and Suzanne Schalow, the proprietors of Craft Beer Cellar on Leonard Street, worked in the restaurant industry in the Boston area for over 20 years. Both women came to Boston to attend college, and stayed. They met in their last restaurant gig, Cambridge Common, where Suzanne was the general manager, and Kate an assistant manager and beer buyer.

"Suzanne had a vision about 10 years ago when the craft beer movement started," says Kate. Pretty soon, beer distributors jumped on board, and then restaurants. "People thought it was a fad and would pass, but it didn't," she continues. Soon, Cambridge Common featured a large selection of craft beers, and hosted frequent dinners for its brewers. To learn more about craft beers, both women traveled widely in the U.S. and Europe, especially throughout Germany.

Why open a beer cellar, and why Belmont? Both women were ready for a break from the restaurant business, had become quite knowledgeable about craft beers, and had lived in Belmont for 10 years.



*They will be ready with recommendations of beers to complement menus using the Market's fresh products*

Since opening in January, business has been brisk. Kate says it's fun to watch people walk by the store, and then step back to really look at the well-appointed interior of the store and its many offerings. Since being profiled on Channel Five's Evening Chronicle program this past January, Kate and Suzanne have seen customers pour in from all over Eastern and Central Massachusetts.

They are looking forward to increased foot traffic once the Belmont Farmers' Market

opens in June. They will be ready with recommendations of beers to complement menus that use the Market's fresh vegetables,

meats and other ingredients. Having more customers is "good, interesting, and challenging in all sorts of ways," Kate says.

Kate was happy to explain a little bit about beer. There are two types of beer: ales and lagers. The two differ in the times it takes to produce them, the temperatures required, and the type of yeast that is used. The Craft Beer Cellar sells both ales and lagers. It also represents at least a dozen local breweries.

In addition to beer, the Beer Cellar sells beer glasses, T-shirts, books about beer, and a small but carefully considered inventory of reasonably priced wine. Store hours are Monday-Saturday, 10am-10pm, and Sunday, 2pm-6pm. Visit online at [www.bostoncraft-beercellar.com](http://www.bostoncraft-beercellar.com)

— Judy Cotton



## Belmont Food Collaborative Board of Directors

Kim Foster  
Suzanne Johannet  
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Evanthia Malliris  
Cate McGrail  
Becky Prior  
Paul Santos  
Hal Shubin  
Vicky Slavin  
Anne Stuart  
Joan Teebagy  
Heli Tomford

*BFC is a 501(c)(3) nonprofit organization.*

## 2011 Volunteers

John Beaty	Liz Gourley
Faye Blazer	Arvy Mackevicius
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Paolo Cosmo-Tourreilles	David Mitchell
Sara Cummins	Emily Regier
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Deborah Deutsch	Lucia Sullivan
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Chris Drover	Heather Tuttle
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Janice Frishkopf	Pam Young

*The Market is a member of the Belmont Center Business Association.*

**BEST OF BOSTON 2009**

Awarded by **Boston** magazine runner-up 'Best of Boston' 2010

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## 2011 Vendors

- **Bee-Cause Apiaries** local honey and hand-made beeswax candles
- **ButterGirl Baking Co.** fresh baked treats made with a whole lotta luv
- **Coutts Specialty Foods** jams, jellies, applesauce, relishes
- **Dick's Market Garden Farm** vegetables, fruits, and plants
- **The Farm School** organic vegetables, fruits, flowers, eggs, grass-fed meat
- **Fior d'Italia** pasta in many different shapes and flavors
- **Goodies** award-winning, better-than-homemade cookies
- **Hmong Farms at Flats Mentor Farm** fresh produce featuring Asian vegetables
- **Hutchins Farm** certified organic plants, vegetables, herbs, small fruit, and apples
- **In Good Taste** Pam's black bean salsa
- **Japonaise Bakery** French pastries with a Japanese twist
- **Kimball Fruit Farm** vegetables, fruit, and plants
- **Lawton's Family Farm** fresh cheeses and veal, *Fiore di Nonno* mozzarella
- **Mamadou Bakery** handcrafted breads
- **Nicewicz Family Farm** apples, peaches, plums, berries, vegetables, flowers
- **On the Edge** hand sharpening of kitchen knives, scissors, shears and tools
- **Sassy River Sauces** savory sauces without the fat
- **Sassy Sauces** sweet dessert sauces
- **Sfolia's Pizzelles** Italian treats hand-made in Belmont
- **Stillman's at the Turkey Farm** grass-fed meat and freshly cut flowers
- **Sweet Lolo's** gourmet, handcrafted caramels and brittles
- **Turkey Brook Farm** home of Red Label Poultry, raised in the French tradition
- **Underwood Greenhouses** potted plants grown in Belmont
- **Wild Acre Inns** flowers, herbs and more

## Food for Thought

### *Left on his own, this dad heads for the greens*

On the first day of summer vacation last year, my family crossed the Pacific to see grandma for a month, leaving me on my own. They also left behind refrigerator detritus with the signature features of children of a certain age: leftover macaroni and cheese, half-eaten single-serving yogurts, and a vegetable drawer filled with pre-compost.

I hate to waste food, so I toyed with the idea of making a cream-of-everything soup. But after trimming all the fuzzy parts off, there wasn't a whole lot left. So I figured I'd head to Shaw's.

On the way to the car, I saw our neighbor walking merrily downtown carrying one of those green grocery bags you always mean to take to Shaw's. She told me today was market day at the Farmers' Market, and why not give it a try?

I'd been to a few of these outdoor markets. Haymarket, for instance. I thought they called it that because that's all everyone said down there: "Hey, are you going to buy something?" "Hey, you! Stop fondling those tomatoes." Everyone was yelling at everyone else so loud all the ears of corn had just upped and run off and gone into hiding.

Then there were those steamy outdoor markets from my childhood in Manila, where cats walked on the vegetables, making ready to pounce on the rats scurrying below.

So, with some resignation, I gathered my bags and walked downtown.

I almost missed the place, it was so quiet and clean. And the best part was knowing so many people. When I went to buy some

beans, I got a ten-minute lesson on how to trim them, how to cook them, and how to store them before and after cooking. It felt like I wasn't just buying those beans; I was going to adopt them.

That night, I half expected a visit from the vegetable protection league, to make sure I didn't overcook the collards or forget to take the outer leaves off the lettuce.

But nobody came that week. So when next Thursday rolled around, it felt safe to be more adventurous. I skipped the beans and tomatoes, and went for the exotics: those

*I skipped the beans and tomatoes, and went for the vegetables I've only known from playing Scrabble*

vegetables I've only known from playing Scrabble, like "kale" and "chard." There were only three weeks

left of culinary freedom, and with so many vegetables to try, one couldn't waste time on the easy stuff.

The next week, I went straight to the leafy table of Flats Mentor Farm. That's where my sister (she'd been going for years) turned me on to the summer's biggest hit: purslane. It didn't even look edible. I thought it was ornamental at first. But what a great lemony taste. I even muddled it with sugar and made a purslane martini out of it.

The weeks flew by, and soon the children were back. I never got to try those squash blossoms. But with any luck, they'll be there again this summer. And if nobody in the family likes to eat them, I know they'll make a great centerpiece.

— Tino Lichauco



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cliente, but also opens a whole new world of nutritious vegetables for other shoppers to explore. And she sees the live music each week as yet another form of education. "It's a safe and encouraging performance venue. This activity started the first market year when two young violinists asked to play. They performed year after year! It's been great to watch them grow as musicians."

What else falls under the Collaborative's umbrella? 2011 marks the second season of the Collaborative's Pomona Project—named for Pomona, the Greco-Roman goddess of fruitful abundance pictured at the center of the town seal. The project, run by Collaborative board member Joan Teebagy, makes available, at cost, fruit bushes and ground covers for local growing. "The project builds on the town's history as a well-known market gardening community," said Tomford, "so it's educating about history as well as edible landscapes."

Other activities of the Collaborative include building a strong relationship with Belmont

businesses. Restaurants in particular have been lively participants at the Market. In addition, the Collaborative has been planning to donate a bike rack to the town for use in Belmont Center.

From the beginning, the Market has connected to the Belmont Food Pantry by collecting non-perishable items on market day, and, more recently, working with Boston Area Gleaners and the Pantry to provide fresh produce to those in need. At the end of each market day, the Boston-area organization Food for Free picks up unsold fresh food for distribution to soup kitchens, food banks, shelters, and pantries.

With its new 501(c)(3) status, the Collaborative will be able to apply for grants

from foundations as well as receive tax-deductible donations. "It's going to be so helpful to be able to increase our donations," said Stuart. "Our tents are getting old, and our tables and supplies are beginning to wear out. And with growing donations, we'll be able to do more to get food to people in need."

Donations can be made out to *Belmont Food Collaborative* and mailed to:

Belmont Food Collaborative, Inc.  
P.O. Box 387  
Belmont, MA 02478

— Jane Sherwin

## The Market Needs You!

People power—it's our magic ingredient, our energy source. The Belmont Food Collaborative, including the Farmers' Market, can't exist without it! As we begin our 6th season we want to make it our best yet. If you have just a little time to spare, volunteer! Not even a minute to spare? Become a yard sign adopter or help spread the word about the Market among neighbors and colleagues.

We always need help on Thursdays before, during and after market hours. You'll get to know the vendors and to see the market from the inside. Or—assist behind the scenes with our publications and community outreach. Here you can share your talents more on your own schedule. Why not share your thoughts about food right here in a future issue of the newsletter? Email [belmontfarmersmarket@gmail.com](mailto:belmontfarmersmarket@gmail.com) to see how you can be a part of our volunteer community.

## Hefeweizen BBQ Sauce

Kate Baker, co-proprietor of Craft Beer Cellar in Belmont Center, kindly provided this recipe for enhancing basic, store-bought barbecue sauce. She suggests serving this delicious sauce with chicken or tofu. According to *THE BRITISH GUIDE TO GERMAN BEER*, Hefeweizen is a top-fermented, unfiltered, bottle-conditioned wheat beer with noticeable yeast sediment and a cloudy appearance. "Hefe" means yeast and "weizen" means wheat. Usually quite sweet and fruity, with a full body, Hefeweizen beer is produced by the types of yeast used in Bavaria.



- 2 cups generic barbecue sauce
- 1½ cups fresh, pitted and peeled, pureed peaches
- ½ tablespoon pureed chipotle peppers (canned with adobo sauce)
- ¼ cup Magic Hat Circus Boy beer, or your favorite locally brewed Hefeweizen

Add pureed peaches and peppers to a saucepan with the beer and barbecue sauce.

Simmer on low to medium heat for 30 minutes.