

# Attend The Organic Country Fair

Lancaster Farming, Saturday, September 3, 1994-89

PENNINGTON, N.J. — The fourth annual New Jersey Organic Country Fair will be held Saturday and Sunday, September 17 and 18, 1994, in Pennington, New Jersey, 10:00 a.m. to 5:00 p.m., rain or shine.

The second largest organic fair in the U.S., this Fair promises to be tremendously fun and educational for everyone — home gardeners, farmers, health conscious consumers, families with children and anyone interested in a great day in the country.

Fair highlights include Eliot Coleman, who will discuss the topic of his most recent book, *Four-Season Harvest*, on Saturday. On Sunday, Paul Shaw of Walnut Acres Organic Farms, will discuss key issues facing consumers on the 90s. Also on Sunday, Annemarie Colbin will discuss cooking for health and well being and Sr. Miriam McGillis will discuss the connection between healthy farms, food and communities.

Greeting fairgoers as they enter the Fair will be a farmers market featuring fruits and vegetables grown on local farms certified organic by the Northeast Organic

Farming Association of New Jersey (NOFA-NJ).

Workshops held throughout the day include demonstrations on healthful cooking, goat-milking, pruning and worm-box composting; and seminars on such subjects as organic lawn care, edible landscaping, growing gourmet lettuce, herbal medicine and gardening for children.

Organic garden doctors will be on hand to diagnose garden problems. Farm/garden supplies such as potting soil, fertilizers, farm tools, composting equipment and pest control products will be available for sale.

Other special events include a country auction, a raffle, a horse-drawn wagon ride, and children's games. Of course, farm animals — sheep, llamas, and chickens — will be at the Fair for all to see and touch.

Throughout the weekend, guests will be entertained by musicians and strolling minstrels. Musical presentations include folk, jazz, Irish and New England fiddle. Peruvian music will be played on indigenous instruments from the Andes such as the churango, pan pipes, bomba and other

percussion instruments. A contra dance will be held on Saturday, 3:30 to 5:00 p.m.

Craft demonstrations include, to name a few, broom making, furniture design and woodworking, and natural dying of yarn. Hand crafted items will also be available for purchase.

Among the many treats for the palate will be organic pasta, whole grain muffins, fresh salads, veggie lasagna, organic beef burgers, veggie pita pockets, organic coffee, herbal teas, shakes and more.

Gardeners/farmers interested in entering the vegetable contest can start growing now and bring their prize veggie to the Fair. Contest categories are: longest bean, longest winter squash, smallest pumpkin, largest tomato, funniest looking vegetable and best decorated vegetable.

Tickets are: adults \$5; children 3 to 13 years, \$3; and seniors over 65, \$3. The Fair is sponsored by NOFA-NJ which promotes organic farming and gardening in New Jersey through certification, education, marketing and legislation. The Fair is to be held at the NOFA-NJ headquarters, 31 Titus Mill Road, Pennington, NJ 08534,

which is also the location of the Stony Brook Millstone Watershed Association. For more information or to volunteer to help or par-

ticipate (hundreds of volunteers, particularly groups, are needed), contact Betsy Rizza at (609) 737-6848.



Tori and Andrew Wheeler pick beans at the Watershed Organic Farm where the fourth New Jersey Organic Country Fair will be held on September 17 and 18.



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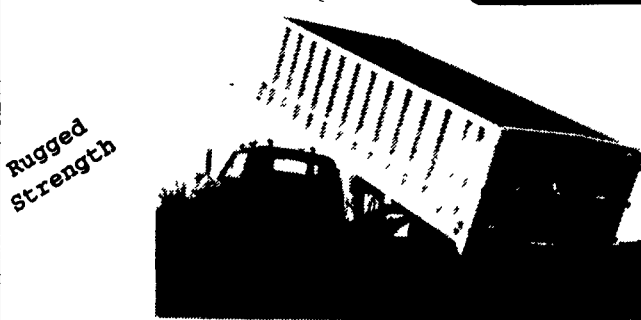
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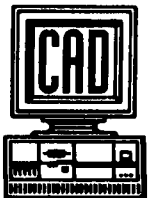
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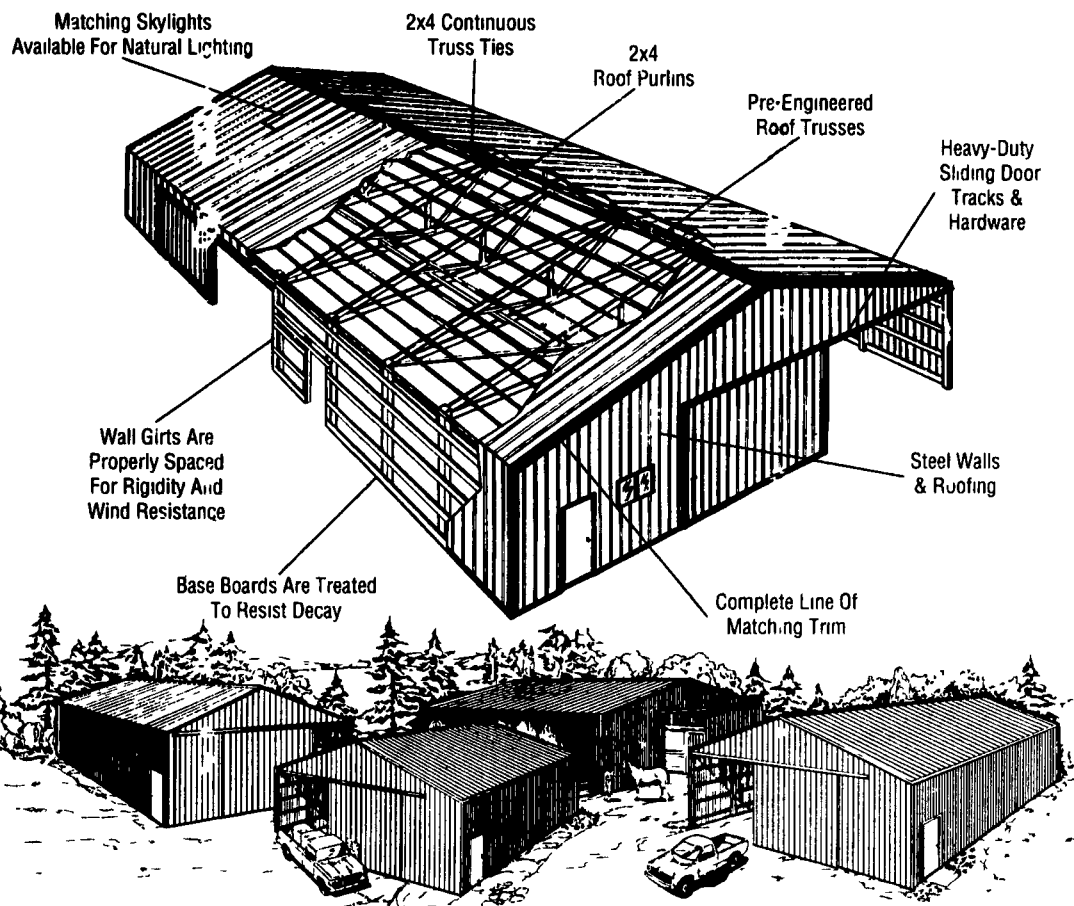
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