

Relentless Locavores and Far-Out Foodies -

The season drones on and somehow, my friends, we keep on pullin' food from the field without WATER!!! There hasn't been rain on my farm in ages and as you know we have NO IRRIGATION at URBAVORE. Some of my crops have hardly seen rain since they've been in the ground! A freakin' miracle, isn't it??? I owe it all to our "no-till" production practices. It is a lifesaver in conditions as horrid as these.

But alas, I promised myself I wouldn't talk about the drought...the godforsaken drought...it's all I can think about (!!)...but I must keep my big farmer mouth shut and keep these pesky fingers from typing such annoying weather-related words. To a non-farmer, the weather is just another boring subject, eh? I try to remember that while composing these absurd e-mails.

Anyway, the market will be filled with "yumminess" as usual. You can find some *mean greens* compliments of Farmer Lew who will be back in black this week.



The last of the heirloom tomatoes...

As for the *BADSEED*'s themselves, we will have the usual onslaught of potatoes/onions/garlic and another round of DELICIOUS "Green Mystery" APPLES. Sweet Peppers and Eggplant keep on keepin' on, and Chinese Red Noodle Beans are bringin' down the house. Speaking of noodle beans, a customer sent me a link to an AWESOME RECIPE. The blogger actually quotes me in his description of these crazy beans!! Small world, eh? Check it out:

Chinese Red Noodle Bean Curry

<http://www.thesavagefeast.com/2011/04/chinese-red-noodle-bean-curry/>

Heirloom Tomatoes will make another appearance this week, but come early because quantities are very limited. Cherry Tomatoes are slightly more abundant and come in a rainbow of colors and flavors. While we are on the subject, I will be doing a Chef Demo at Powell Gardens this Sunday with my all-time favorite tomato recipe: Heirloom Tomato Stacks!!



Baby Percy will be my tomato-crazed assistant and there's a good chance he will devour the samples before I get them handed out. (Tomatoes are like crack to that kid...)

Other happenings worth mentioning are some "Urban Homesteading" classes that I am super excited about!!! Coming up on **September 2nd** is my [Secrets of "No-Till" Gardening](#) class.



Many of you have struggled with your gardens this year. No amount of watering could make your plants survive let alone produce decent yields. Well, this may be the class for you. Full description is as follows. (see *full class details in the **Up-Coming "Urban Homesteading" Classes** section, below*)

The other class I am totally stoked about is [Chicken Butchering 101](#) on **September 9th** ...



(We added this class at the last minute and I sure hope we can get the word out!).

This class means a lot to me because "do it yourself" ethical meat production is a BIG DEAL. I was a strict vegetarian for years. I couldn't stomach factory farmed foods, meats especially. In my early 20's I became fanatical about staying out of the supermarket and growing my own foods. That consisted of solely plants for a long time and in more recent years I have started raising livestock. I eventually got the guts up to butcher my own meat and it is truly a liberating experience. Raising an animal with love and respect, then looking it in the eye with the utmost gratitude, and calmly taking it's life for your own sustenance is THE WAY IT WAS MEANT TO BE. Gentle people have been eating that way for ages. That is the *simplified* food chain and (frankly) it should never get much more complicated than that. Many folks in urban areas want Real Food for their families and have started raising chickens for eggs, which inevitably leads to meat. This workshop will provide all you homesteaders the experience of gently slaughtering and dressing your very own bird. These beautiful chickens have been 100% pasture raised

on my land, and I must say, they are DELICIOUS. A full-description for this class is as follows. If you want to eat (truly ethical) meat, and you are BRAVE, sign-up today!!



Alright, enough with all that. (I am sure the vegans and vegetarians have slammed down their lap top screens in anger and are cursing my name. Sorry guys!!)

Well, if you are indeed angry with me you can pummel me with rotten tomatoes **this Friday at the BADSEED Farmers' Market from 4-9 pm.** I'll have plenty on hand just for that purpose.

See you there.

Up-Coming "Urban Homesteading" Classes -

The Secrets of "No-Till" Gardening

Sunday, September 2nd, 2-5:30 pm

***Located at URBAVORE Urban Farm, 5 miles east of the plaza - 5500
Bennington Ave., KCMO 64129**

Sick of plowing, tilling, fertilizing, weeding & watering??? Well, you don't have to anymore! Learn the basics of building and maintaining a luscious "no-till" vegetable garden that has the potential to feed your family delicious organic food all year long!!!

Join Farmer Brooke on her 13.5 acre "edible oasis" smack in the middle of the city. We will start out class with a short lecture and inspiring video, then we will take a tour of URBAVORE's extensive "no-till" commercial veggie production. Finally, we will get to work - transforming a sod-covered lawn into next season's planting ground without the use of gas-powered equipment or fancy tools!!! Planting & seeding techniques will also be demonstrated.

This class is designed for complete beginners OR long-time gardeners who are sick & tired of starting up that tiller! Methods used in class can be

transferred to your garden site immediately, preparing you for a bountiful 2013 garden season. Print resources will include seeding & planting schedules, vital local resources, “farm to table” recipes, and more.

Cost of Class - \$40

PLEASE E-MAIL brooke@badseedkc.com ASAP to sign-up. Spots limited!!

The Basics of Goat CHEESE MAKING: **Feta, Mozzarella, & Chevre**

Saturday, September 8th, 1-5 pm

Join community herbalist & cheese-maker, Amy Bousman, and learn to make delicious artisanal cheeses in the comfort of your very own kitchen!

The process is surprisingly simple with only a few inexpensive supplies needed to carry on this essential homesteading tradition.

Students will experience the step-by-step process for making three fantastic fresh cheeses (feta, chevre, & mozzarella) using raw goat’s milk from Amy’s very own does!! Print resources and recipes will be included.

Mingling will follow with a delightful cheese & wine tasting!!!

FYI - Raw milk (although superior) is not required for these methods of cheese making. Pasturized milk can be used instead.

*Although Amy has abundant experience making/selling her cheeses, this is her first formal cheese-making workshop. Therefore the cost is VERY LOW. Comparable classes are \$125 and up. TAKE ADVANTAGE OF THIS GREAT OPPORTUNITY.

Cost of Class - \$40

*****you must sign-up directly with our Cheese Maker - contact Amy at amy.subrosasanctuary@yahoo.com or call 785-760-3052 (no calls after 8 pm)***

Chicken Butchering 101

Learn to do up a chicken, the way Grandma did...

Sunday, September 9th, 4-6 PM

****Located at URBAVORE Urban Farm, 5 miles east of the plaza - 5500 Bennington Ave., KCMO 64129***

Join urban-farming maniac, Ben Wilson of Phantom Chicken Farm, and learn the careful art of processing your own meat bird. Under Bens's guidance, student's will slaughter and dress their very own chicken (!!)
using traditional techniques and no fancy equipment.

The cost of class is \$40 - this includes the cost of your bird, which you will take home and enjoy with your family. (yummy preparation techniques will be discussed in class)

**The meat chickens for this class have been 100% pasture-raised at URBAVORE Urban Farm in partnership with Phantom Chicken Farm.*

PLEASE E-MAIL brooke@badseedkc.com ASAP to sign-up. Spots limited!!

[For a full list of classes click here.](#)

Sexy Veggie of the Week

This week's **Runner-Up** is the utterly creamy [Austrian Crescent Fingerling Potato](#).



I love this freakin' potato despite the fact that it is a real bitch to harvest and clean!! These small, and supple tubers take endless hours to pull from the earth and get ready for the market table. It's a labor of love, but in the end it's worth it. Like the name alludes, they tend to be crescent shaped with a glowing yellow flesh that simply melts in your mouth. Fingerling potatoes are all the rage with gourmet chefs because they really do taste better than the more recognizable "giant spud" found in the supermarket. They are a whole different animal in fact. Once you cook these babies up you'll know exactly what I mean. Dan and I cooked brunch for my mother-in-law's B-Day last Sunday. I made a potato hash that was off the radar with the Austrian Crescents. It consisted of LOTS of caramelized garlic, Italian red onion, Carmen Sweet Peppers, and herbs. I fried all that up in olive oil to sweet perfection and served it with an heirloom tomato salad, pancakes from local flour, and a fried egg laid that morning. Dan's Mom was very pleased. She gives Austrian Crescent two thumbs up.

This week's **Grand-Prize-Winner** is the stunning Carmen Sweet Pepper.



Move over Beyonce (didn't she play "Carmen" once??) and make way for this super sexy, flavor-exploding, bright red Peppa!! These luscious ladies are red as red can be with a long body that is reminiscent of a hot pepper. But don't be fooled, they are *sweet as hell* with a fruity tang that makes you crazy. Roast em' whole stuffed with goat cheese, or slice em' raw in salads. Throw em' in just about any dish and I guarantee they will make it ten times better. My summer wouldn't be complete without these tantalizing treats. Get em' now cuz without rain these sexy sisters won't last long.

Pictures are attached. You know the drill - print them out, blow them up, and plaster them all over the men's room!!

THIS WEEK'S ORGANIC OFFERINGS

URBAVORE Urban Farm

A project of BADSEED - Brooke Salvaggio & Daniel Heryer
5500 Bennington Ave., Kansas City, MO 64129

www.badseedkc.com

Welcome to URBAVORE - an off-grid, diversified, urban farmstead in the heart of KCMO. Born in 2011, URBAVORE is working towards the creation of an “edible oasis” that brings organic growth, sustainable life, and creative solutions to a city neighborhood. We grow an extensive variety of **heirloom vegetables** noted for their unique appearance and extraordinary flavor, as well as an array of **culinary/medicinal herbs** and **edible flowers**. URBAVORE is a non-certified, beyond organic operation dedicated to respecting both the health of the individual and the environment. It is our aim to build community and collective consciousness through the universal pleasure that comes from eating good food.

OFFERINGS:

***GREEN MYSTERY APPLES**

***Gourmet POTATOES (both fingerlings and full-sized)**

***Hard-Neck (Rocamboles) Gourmet GARLIC!!!**

***"Rossa Di Milano" Italian Red Onions**

***Sweet Yellow Onions**

***Lemon Cucumbers**

***Heirloom TOMATOES & Sweet Cherry Tomatoes (limited quantities, come early)**

***2 Foot Long CHINESE RED NOODLE BEANS**

***Italian & Japanese EGGPLANT**

***Sweet Peppers**

***Red Velvet OKRA**

***FREE-RANGE EGGS**

Herb'n Gardener

Lew Edmister

17th and Belleview, Kansas City, MO 64108

herbngardener@kc.rr.com

For the “meanest greens” in town, check out Lew's gourmet selection of urban-grown goodies. He grows a mouthwatering array of lettuces, spicy mustards, arugula, and gourmet salad mixes on KC's west side. Other tasty morsels include heirloom tomatoes, peppers, cucumbers, okra, and filet beans. New For 2012 - RUSTIC BREAD straight from Lew's hand-built wood-fired oven. YUM!

OFFERINGS from the Lips of Lew:

"how i wish that this past week off from market was spent lounging, resting and becoming unbaked from weeks of hellish heat. but, no, that was not to be. anyhoo, i have great fresh and vital greens for you this week and i'm progressing well with trials and tribulations of beginning a new growing project: SHITAKE MUSHROOMS. very soon, my friends, very soon.

i have a little story i want to share with you before i tell you about this weeks stuff.

several weeks ago, during the days of hell, i noticed a little happening occuring with the little brown birds. you know, sparrows, titmouse, chickadees. i kept noticing them lighting on kale and chard leaves, pecking at them for a moment and then flying away. closer observation showed they were cleaning the plant of the bugs that were destroying many of the leaves. i would water, stir up the bugs, wet the leaves and then they would swoop in after i left and eat the hell out of those bugs. we developed a sybiotic relationship without knowing it. i was giving them a wet and cool place to feed and the plants gave them juicy bugs. i

kept and continue to keep pails of water for them. we're still doing this dance. they get fed and watered, i get my plants cleaned and healthier. the big thing, though, is none of this relationship would have occurred if those plants had been sprayed with pesticides. the birds aren't looking for poisoned food. it's such a pleasure for me to see this happen and to be a part of it. you gotta take your pleasures whenever you can!

just come on over and see me friday, i'll have lots of **GREEN STUFF.**"

Rocky Creek Valley Farms

Elizabeth and Gary

Rayville, MO

www.rockycreekvalley.com

Lizzy is an herbalist turned farmer who cultivates glorious acreage just north of Richmond, MO. Her diversified farmstead includes organic vegetable and herb production, free-range laying hens, and dairy goats.

Lizzy also offers classes in sustainable gardening and herbalism.

OFFERINGS:

***FRESH HERBS:** Russian & French tarragon, French sorrel, lemon balm, young horseradish leaves, rosemary, spearmint, peppermint, catnip, chives, thyme

***Seasonal Produce**

***Flower Seeds**

***Herbal Teas**

***Herbal Soaps**

***Healing Salves**

***Herbal Tinctures**

***Free-Range Eggs**

JJ Farms

John & Judy Kaiahua

8531 E. 81st Terrace, Raytown, MO 64138

816-356-3938

John has been growing organically since 1984!! He plants, weeds, and harvests all his own crops on urban land that has been chemical free for over 20 years. Produce includes a wide array of **vegetable offerings** as well as **apples, peaches, and pears** in season. John is originally from the far off lands of Hawaii where he comes from a long line of pearl divers!!

Now he spends his days out of the ocean and in the dirt, growing righteous foods for the Kansas City community. Lucky us!

***John & Mecki are out for the count. They might be back if it ever RAINS!!**

Parker Farms All-Natural Meats

Tom & Paula Parker

Richmond, MO

www.parkerfarmsmeats.com

"We produce all-natural gourmet beef, lamb, pork, poultry, and eggs.

All of our beef and lamb is 100% grassfed. They are never fed any grain, animal by products, antibiotics, or injected with growth hormones. We have been practicing Management Intensive Grazing since 1997. It is our goal to care for all of the livestock that we have been blessed with, in as natural and humane a manner as we can. Our chickens for meat and eggs are also raised on pasture with green grass under their feet as much as the weather in this part of the world allows. Our hogs are fed grain, but do live outdoors with dirt under their feet. We do not use any petroleum based pesticides or fertilizers on our pastures. We believe that healthy people, and healthy animals start with healthy plants and a healthy, biologically active, soil community. Our meats are available at the BADSEED Market or through our Community Supported Agriculture shares."

OFFERINGS:

***Ground Beef & Patties, and many gourmet cuts**

***Pork Products: Chops, Brats, Breakfast Sausage, Italian Sausage, & Spare Ribs**

***Lamb Cuts:** Ground Lamb, Shoulder Steaks, Rib Chop (butterfly cut, loin chops), Leg (bone in whole, shanks, lamb liver)

****Pastured Chickens !!!!**

***Tea Towels, Hand-made Teas, Candles, and Gourd Bird Houses from the lovely Parker Girls!!**

Green Dirt Farm

Jacqueline Smith & Sarah Hoffman
Weston, MO

www.greendirtfarm.com

"Life is too short to eat grocery store cheeses! Green Dirt Farm, LLC invites you to try our HANDCRAFTED ARTISANAL SHEEP CHEESES created with milk from our very own PASTURED ewes. You can be assured of a richness and depth of flavor unique to the rolling bluffs of Weston, MO. Also on the menu is 100% GRASS-FED LAMB which is of unsurpassed quality, tenderness, and flavor."

OFFERINGS:

***Grass-Fed Lamb**

***Artisan Sheep's Milk Cheese in aged and fresh varieties including: Dirt Lover, Woolly Rind and Wee Woollys, and *maybe* a few Bossa ... and all flavors of fresh sheep's milk cheeses (Plain, Rosemary, Garlic & Peppercorn, Lovage, Nettle and Spicy Chilis)**

***GREEN DIRT will now be coming every other week. (1st and 3rd Fridays) Take note.**

Miller's Honey

Les Miller
Independence, MO

Les Miller only produces the best damn RAW HONEY on the market. No joke!! He is an encyclopedia of knowledge when it comes to sustainable bee keeping and uses 100% natural and holistic methods

for managing his hives which range from 60 to 100 at any given time. His honey is sold in various quantities, and 1 gallon jugs are available on request! Bees wax candles and other by-products are also available for purchase.

OFFERINGS:

- *Raw Honey**
- *Bees Wax Candles**

New Traditionalist - Artisan Bread

Chris & Cara

Kansas City, MO

www.newtraditionalistbread.com

Hand-made small batch breads made from local organic ingredients and natural Kansas City Sourdough, what could be finer? Chris and Cara bring you classic european loaves and variations based on what's new and what's fresh. We can't wait to share with you.

OFFERINGS:

- *Sicilian Loaves**
- *Fennel Raisin Loaves**
- *Multigrain Loaves**
- *Toasting Bread**
- *Cinnamon Rolls !!**
- *COOKIES!**

Hippie Chow Granola

Lexie Johnson

Suburban Kansas City

www.eathippiechow.com

Small-scale producer of high-quality, high-character natural foods. Our gourmet granola is handcrafted in small-batches with 100% natural ingredients including organic Kansas oats and local wildflower honey.

Peace. Love. Granola.

OFFERINGS:

***NEW FLAVOR: BERRY BLEND (!!!)**

***Original Mix**

***Cafe Blend**

***Chai Spice**

***Peanut Butter Banana**

***Mocha Hazelnut**

Soda Vie & Manos Chocolates

Zachary Manos

Kansas City

www.getrealfoodcompany.com

"At GetReal Food Company, we're committed to creating incredible beverages made with real foods that are naturally brewed. Hand-crafted by real people who truly care about the details, from what they make to how they make it, from what they put in their bodies to what you put in yours. The result is a series of beverages that create a new expression of soft drinks and mixers."

CHOCOLATE OFFERINGS:

*****All Chocolate is RAW & ORGANIC!!***

***70% dark - made with heirloom Ecuadorian cacao**

***Not-Quite White - a rich creamy, non-dairy white chocolate**

***Citrus Hibiscus - hibiscus petals covered in dark chocolate with a twist of grapefruit oil**

SODA OFFERINGS:

***Kombucha (all flavors)**

***Micro-Brewed, All-Natural SODA!!**

***RAW VEGAN CHOCOLATES FROM MANOS (dark chocolate & not-quite-white!)**

THIS IS THE BEST STUFF ON EARTH!!!!

Nutressant - Bath & Body

John & Sandy

Mission, KS

<http://www.facebook.com/pages/Nutressant/127040237375535>

John & Sandy's hand-crafted, organic body products are petroleum and chemical free and will not pollute the planet or irritate your skin!

Furthermore, they are luxurious and fragrant and oooh soooo wonderful. They have the mother-load of offerings including tooth paste, dish soap, and detergent!!!...(not to mention your more typical health and beauty products). Lather up and feel good!!!

OFFERINGS:

Bar Soaps, Facial Sprays, Body Scrubs, Toothpaste, Household Cleaners
& More

Other goodies include:

Certified Organic Flour from [Heartland Mill](#)

*** I have placed a new order. Hope it ships soon!!!**

Remember:

LIVE NUDE VEGETABLES!! and other organic delights...
EVERY FRIDAY AT BADSEED



Yours Truly,
Brooke
-farmer and mistress of the BADSEED

BADSEED

An Urban-Organic Farm & Market
Celebrating Local Food, Culture, and Community

Fridays, 4-9pm*

1909 McGee*KCMO*64108

(~^CLICK ADDRESS FOR MAP^~)

www.badseedkc.com



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