

## 2008 SPRING NEWSLETTER



Events Coordinator Jessica Fuselier and Mayor Pro-Temp Betty Beard during the April 19 opening of the Saturday Market on the River.

### Recent Updates

Jessica Fuselier, Events Coordinator, looks forward to the coming Saturdays as we move into the summer season. Kids are getting out of school and things are warming up in Downtown Augusta.

The Saturday Market's new location at the Eighth Street Plaza, near the entrance to the Riverwalk, will give summer attendees more room for parking, shade, and a summer breeze from the Savannah River. Although the Market is already host to at least 30 vendors with a patron attendance of over 1000, Jessica expects an increase in turnout during the summer season.

Those attending the Saturday Market can expect a wide variety of locally grown produce, arts, crafts, in addition to live family fun entertainment. There are a number of new and exciting events planned for the summer season including:

- Belly Dancing
- Karaoke
- Live Jazz by Villa Nova Junction Band
- Suzuki Violinists
- Top Dog Contest
- Team Members and Mascot from The Colts, Augusta's local arena football team

The Saturday Market resumes this Saturday, **May 24, 2008**, and will continue every Saturday through August from **8:00am to 1:00pm**.

We hope that you will join us for this exciting community event.

### Featured Vendor: Gurosik's Berry Plantation

Gurosik's Berry Plantation was founded over 20 years ago by Clyde Gurosik and his wife, Marilyn. The North Augusta farm was picked by the Gurosik's as the site for their produce after extensive soil and water research.

The business grew from a small self-pick strawberry farm in 1981, to the 100-acre farm that it is today. The Berry Plantation operates as a source of commercial retail and wholesale business.

Mr. and Mrs. Gurosik are proud to offer locally grown strawberries, blackberries, and other produce. Their fruits have been handled only 2 times, in contrast to the 8 to 10 times for most supermarket products. As Mr. Gurosik says, "farm fresh" makes a difference.



Photo provided by: Chris Blanco

**Saturday Market on the River: A Sustainable Alternative**

The food you eat every day has probably traveled between 621 and 5000 miles. This long distance translates into steep environmental and health costs. The planes and trucks used to transport food from other parts of the world add CO2 and other dangerous emissions into the atmosphere. These chemicals are harmful to our environment and contribute to global climate change and acid rain.

Much of the quality of the produce is lost in transit. Fruits and vegetables from California and South America have traveled for days before reaching supermarkets. Because of extensive travel time, produce is picked prematurely and does not contain all the nutrients of mature fruit.

Since the industrialization of farming into today's "agri-business," local farmers have struggled to compete. Big farming industries have crowded out many local businesses, making it harder to get produce and other foods from local vendors.

**Interesting Fact**

Did you know that every item of food you consume has traveled an average of 1500 miles, using 400 gallons of gasoline?

**Recipe: Stewed Okra and Tomatoes**

Tomatoes contain lycopene, a carotenoid found in red-pigmented vegetables. Lycopene is one of the most potent antioxidants. Some studies have shown that cooking tomatoes allows for a greater release of lycopene in the body because it breaks down the thick cell walls of the plant. Try making this dish with fresh and local veggies from the Saturday Market!

**Purchase stewed tomatoes:**

- \* 1 pound fresh okra, washed, trimmed, sliced
- \* 1 can (14.5 ounces) stewed tomatoes or home-stewed tomatoes
- \* 1 green bell pepper, chopped
- \* 2 tablespoons finely chopped onion
- \* salt, to taste

**Home stewed tomatoes:**

- \* 2 pounds tomatoes, peeled, cut into pieces
- \* 1 teaspoon salt
- \* 1/8 teaspoon pepper
- \* 2 teaspoons sugar
- \* 1 tablespoon butter
- \* 1 tablespoon finely minced onion, optional
- \* 1 tablespoon finely minced green bell pepper

**Cooking Instructions:**

Place tomatoes in a medium saucepan; cover tightly. Cook tomatoes over lowest heat for about 15 minutes, stirring occasionally. Add the salt, pepper, sugar, and butter, along with minced onion and green pepper, if using. Simmer over low heat for 10 to 15 minutes, stirring frequently, until juices are slightly reduced. Serves 4.

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