



Rushford Peterson Valley Farmers' Market is seeking presenters for demonstrations and classes to be held during market hours in the 2014 season. These may cover a range of topics, but we are particularly interested in topics regarding community safety, the environment, sustainability, conservation, health, and those related to "urban homesteading."

Community Safety topics may include First Aid, CPR, bike safety, safe driving, or community awareness and/or Community Watch. Environmental topics include, but are not limited to risks and solutions, the Root River or Rush Creek watershed, energy consumption, solar or wind energy, storm safety, or recycling/upcycling. Topics related to health may include herbals/homeopathics, medicinal use of essential oils, massage therapy, yoga, exercise, and more.

The span of topics regarding what is increasingly known as "urban homesteading" is vast, but as the popularity of self-sufficient skills and healthy lifestyles continues, so does the desire for people to learn. These topics may include methods, such as companion, straw bale, square-foot, or organic gardening, the growing of vegetables, fruit, or herbs, seed saving, food preservation through canning or dehydrating, fermentation, or the soaking of grains, cooking, baking, or cheese making. In the larger spectrum, backyard chicken or beekeeping, wild edibles, and maple sugaring may be of interest. The list of "homestead" hobbies also continues to grow and may include knitting, crocheting, basket weaving, wood turning, soap making, candle making, basic sewing, basic survival skills, and more. Certainly, other hobbies are also of interest, such as fly fishing, fly tying, scrapbooking, photography, drawing/painting, and more.

The market opens May 7 and runs through October 1. It is held each Wednesday, from 4-7 p.m., at Creekside Park in Rushford. Some materials for demonstrations and classes may be provided, when possible. Electrical and water service is available on site and there is shelter in case of inclement weather. Special considerations may be made depending on the demonstration, class, or presenter.

If any of these areas are of interest to you, or if you have any questions or comments, please contact us at rushfordpetersonvalleymarket@gmail.com

You may also contact us at (507) 458-2547. More information about the market is available online at <http://rushfordpetersonvalleymarket.weebly.com> or on Facebook at <https://www.facebook.com/RushfordFarmersMarket>

We look forward to hearing from you!

Sincerely,
Kirsten Zoellner, market manager