

Farmers Market Issue

August and September are two of the biggest months for harvesting crops in the United States. Beginning in August, you'll see the harvesting of many of your garden type crops: tomatoes, squashes, melons, peppers, blueberries and some orchard fruits like pears and peaches.

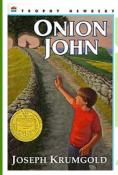
September is the time for a lot of industrial harvesting: corn, soybeans, wheat, barley, rice, potatoes, peanuts, and apples.

Books Containing Onions



HOLES BY LOUIS SACHAR

HOLES tells the story of Stanley Yelnats who is sent to a detention center for a crime he didn't commit. He's made to dig holes day after day while trying to deal with thirst, mean guards, the other boys, and the deadly yellow-spotted lizard. HOLES also tells the story of Sam the Onion Man whose onions are rumored to have healing powers. Stanley sure finds the onions helpful.



ONION JOHN BY JOSEPH KRUMGOLD

ONION JOHN won the Newbery Award in 1959, and tells the story of a boy named Andy Rusch who befriends the town outcast named Onion John. The novel is all about accepting people just for who they are.

WHY DO ONIONS MAKE YOU CRY?

Onions contain sulfur. When you slice them, the sulfur combines with enzymes and forms an acid. That acid vaporizes, floats upward, and causes your eyes to sting. That in turn makes you cry.



So can anything be done to stop the crying?

There are some suggestions like lighting a match or holding a piece of bread in your mouth while chopping onions, but they don't really work. Refrigerating or freezing your onions before slicing slows down the vaporization process. But if you really want to stop crying...wear goggles!

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THE FARMERS MARKET ISSUE

BIG WORD PAREIDOLIA



What do you see in this picture from Garden of the Gods in Southern Illinois? You wouldn't be alone if you said a camel. We see specific objects inside other, unrelated objects all the time, like faces in tree bark or clouds shaped like animals. This phenomenon is called PAREIDOLIA.

PAREIDOLIA IN THE GARDEN What do you see?











KYLIE JEAN: BLUEBERRY QUEEN BY MARCI PESCHKE

Kylie Jean's life goal is to be a beauty queen. She prepares fiercely for her Texas town's Blueberry Festival pageant in hopes of becoming its first kid Blueberry Queen.

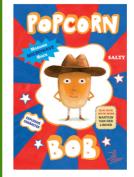
POPCORN FACTS

- The inside of a popcorn kernel is 4% water. When you heat the kernels, that water expands until it bursts, turning the whole kernel inside-out.
- Archaeologists have discovered that folks were eating popcorn more than 5000 years ago.
- In the 1800s, popcorn was sometimes eaten like cereal, with milk and sugar.
- A popping kernel can jump 3 feet up.
- In 1949, popcorn was banned from movie theaters for being too loud.

CHEW ON THIS YOU EAT GRASS!!!! IT'S TRUE!

When we think of eating grass, we think of grazers like cows and sheep. But that's only when you think of the green stuff on lawns. There are a lot of different types of grass. Corn is a type of grass, so is wheat, rice, barley, rye, and oats. It is said that the grass family is most responsible for the feeding of humankind, and when you think of everything that contains grains like these, it's not hard to believe: bread, cereal, corn chips, sushi rolls...well heck, just about everything!

POPCORN BOB BY MARANKE RINCK



What would you do if an unpopped popcorn kernal sprouted a face, arms, and legs, and introduced himself as Popcorn Bob? Mr. Matt loves this book and highly recommends it...

unless you're one of those strange people that doesn't like clever and hysterical books. There are three books in the series.

THE DIFFERENCE BETWEEN FRUITS AND VEGGIES



Have you ever heard someone say that tomatoes are a fruit and not a vegetable? Well, it turns out they are right.

You may have thought that the difference was that fruits are sweet and vegetables are savory. That's often true, but not always. Whether sweet or not sweet, there are two things that make a food a fruit.

It grows from a flower.
It has seeds on the inside.

So that includes things you think of as fruits, like apples, oranges, cherries, and peaches, but also things like tomatoes, avocados, squash, cucumbers, and peppers. Vegetables are all the other parts of the plant we eat, like the bulbs and roots (potatoes, onions, carrots), the stalks (asparagus, celery, bamboo), and leaves (lettuce, spinach, brussels sprouts).

GARDEN MYSTERIES

<u>JUNE JAM</u> BY RON ROY



Bradley, Brian, Nate, and Lucy want to make homemade strawberry jam for Father's Day. Unfortunately, it's not as simple as it first seems. Some sneaky creature is taking bites of their strawberries. Polly the pony, Pal the dog, and Josh the older brother are all suspects.



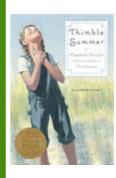
THE GARDEN THIEF BY GERTRUDE WARNER

The Boxcar children are helping in a community garden, but they soon learn something mysterious is afoot. Vegetables go missing, and it appears someone is intentionally vandalizing the garden plots.

1930S BOOKS FROM DOWN ON THE FARM

All of these books are set on a farm, and all were first published more than 80 years ago. But you know...some stories are timeless.

THIMBLE SUMMER BY ELIZABETH ENRIGHT



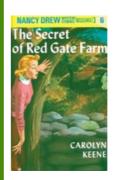
A few hours after nine-yearold Garnet Linden finds a silver thimble in the dried-up riverbed, the rains come and end the long drought on the farm. Garnet can't help feeling that the thimble is a magic talisman. First published in 1938.

<u>THE YEARLING</u> BY MARJORIE RAWLINGS



When young Jody Baxter adopts an orphaned fawn he calls Flag, he makes it a part of his family. But farming life is hard, and with the family having to fight off wolves, bears, and alligators, raising a deer may just be too much. First published in 1938.

THE SECRET OF RED GATE FARM BY MARJORIE RAWLINGS



Nancy and her friends, Bess and George, meet Joanne Byrd on a train ride home. Joanne lives at Red Gate Farm with her grandmother, but if they do not raise enough money to pay the mortgage, they will soon lose the farm! And if that's not bad enough something mysterious is happening in a cave on farm.

FUNKY FRONT

Of course, they are only strange to us. In some parts of the world, these fruits and veggies are very common.

CHERIMOYA - Native to the Andes mountains. Looks like an artichoke but the custard-like flesh tastes like a combination of pineapple, banana, strawberry, and peach.



BLUE SAUSAGE FRUIT - Native to east Asia. The blue seed pods grow up to 4 inches long. The flesh has the texture of Jello and tastes like watermelon.



HORNED MELON- Native to Africa. During the dry season, it's an important source of water in the Kalahari Desert. The jelly-like flesh tastes like a combination of banana, cucumber, and lime.



YEGGIE YARIETIES

Here are some veggies I've never heard of. Maybe you haven't either.

ROMANESCO- Native to Italy. This vegetable is easily identified by its spiral, geometric buds. Romanesco is related to broccoli and cauliflower but has a sweeter, nuttier flavor.



SAMPHIRE- A plant that is resistant to salt water and grows in marshes. It has the texture and appearance of asparagus but a crisp and salty taste. It's in the parsley family.



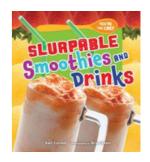
SALSIFY- A root vegetable that resembles a white carrot but has a texture that is closer to a potato. In fact, it's most often mashed like a potato. It's also called any oyster plant because apparently it has a slight seafood flavor.







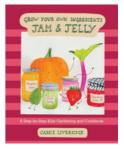
<u>COOKING WITH</u> <u>FRUITS AND</u> <u>VEGETABLES</u>BY CLAIRE LLEWELLYN



<u>Slurpable</u> <u>Smoothies and</u> <u>Drinks</u> by Kari Cornell



Yummy Soups and Salads by Jennifer Larson



JAM & JELLY COOKBOOK BY CASSIE LIVERSRIDGE