

## > *The Benefits of Buying Locally*

### *Why Purchasing Home-Grown Products is Good for You*

"Don't forget to eat your fruits and vegetables!" It's a phrase that has been engrained in our brains since childhood. Loaded with vitamins, nutrients, antioxidants and fiber, fruits and vegetables are essential to a healthy diet, and when compared to their frozen and canned equals, the taste of fresh produce is unmatched.

The moment produce is harvested, vitamins such as C, E, A and thiamine start to deteriorate. Most produce sold at large grocery stores is grown hundreds of miles away. After being picked, packaged, and sent to the store, consumers are left questioning how fresh it truly is. Buying locally grown products

eliminates this uncertainty. Consumers at farmers' markets can rest assured, knowing that their produce was picked within the past 24 hours.

Volume and increased competition allow chain grocery stores to offer produce at lower prices that local farmers typically cannot match. However, buying food produced right here in Alamance County ensures a longer shelf life, giving the consumer less reason to suspect mold and rotten fruits and vegetables in the near future. Farmers agree that the nutritional and environmental benefits of buying locally outweigh the minimal differences in cost. ■



## Meet the President



Vaughn Willoughby started his relationship with the Alamance County Farm Bureau as a board member. He was elected vice president in 2006. In 2008, when former President Henry Vines ran for the NC State House of Representatives, he filled in as president. In January 2009, Willoughby was elected president of the Alamance County Farm Bureau.

Willoughby is also president of Living Landscapes, a landscape and nursery business in Alamance County since 1982 whose specialty is landscape design and installation. As an active member of the community, Willoughby also serves on the Nursery/Greenhouse Advisory Committee for the NC Farm Bureau and is president of the Altamahaw Ossipee Civitan Club for 2009-10. As a youth leader in his church, he enjoys teaching the junior and senior high Sunday school class and performing in the choir.

Willoughby and his wife, Amy, have two children, Heather and George. They live in northwest Alamance County with their Labradors, Pepper and Raleigh, their cats, Lucky and Mr. Brag Boy, and their small herd of Angus cows. ■



# Seasonal Spotlight

## STRAWBERRIES: ALICE'S STRAWBERRY HEAVEN

Did you know North Carolina is a leading producer of strawberries? North Carolina ranks third in the U.S. in strawberry production and harvests over 20,800 pounds million pounds annually. Amazing, huh? One thing that distinguishes North Carolina is that almost all of the fruit produced in the state is sold for fresh market right here in the state -- direct to consumers as Pick-Your-Own, at farm stands, or to local supermarket chains. ■

### Preparation

Slice three cups of fresh strawberries and toss with sugar to sweeten.

In a separate bowl, mix three cups of cold milk with 1 box of vanilla pudding mix until thick; then add cool whip, cream cheese and condensed milk to this mixture. Stir until well blended.

Using a trifle dish, place one layer of vanilla wafers, then on top of the wafers add the fresh strawberries followed by the pudding mix.

Layer in this order until all ingredients are used, ending with the pudding mix.

With the remainder of the cookies, crush fine and sprinkle on top of entire dessert and garnish with whole strawberries.

### Ingredients

3 cups sliced fresh NC strawberries  
(sweetened)

1 regular container of cool whip  
1-8 ounce package of cream cheese

1 can of sweetened condensed milk

1 large box of vanilla instant pudding  
mix

3 cups of cold milk  
1 box of vanilla wafers

## Women Host “Food Check-out Week” <

The committee of Farm Bureau Women consists of dedicated locals who are passionate about making a difference in the lives of others and sharing their love of farming with Alamance County. Donna Vines, Lillie Enoch, Linda Albright and Rene McPherson combine to make the Farm Bureau Women of Alamance County an active organization in the community. Through their efforts to develop leaders, promote legislative involvement and support educational programs, this committee of women strives to promote safe and sustainable farming.

This February the Farm Bureau women and the community participated in the national Food Check-out Week. The women

had a table set up outside of a couple of local grocery stores during the week. They provided information for people about the benefits of buying locally as well as information about how to better budget your money, especially in consideration to food, about how to plan meals and about how to read food labels. Their main concern was helping the community eat healthy on a tight budget during these more difficult economic times.

Additionally, the Farm Bureau Women give back to Alamance County by donating over \$5,000 to classrooms, organizations and scholarship funds annually. One of their largest recipients is the R. Flake Shaw Scholarship Fund, which enables students

to become outstanding leaders in the field of agriculture by providing them with a more affordable college education.

These women truly believe in educating people about their food choices, so that they can make a more informed, sustainable decision regarding their eating habits. By educating students and teachers, the Farm Bureau Women are doing their part to ensure the future of Alamance County involves safe and sustainable farming practices. With the necessary information about agriculture, the younger generations will have the knowledge and ability to make sound food choices, as well as prevent environmentally destructive agricultural practices in their local community. ■

## > *ACFB Annual Scholarship*

The Alamance County Farm Bureau prides itself on the ability to give back to the community. Founded in that spirit, the ACFB annual scholarship began more than 10 years ago and annually awards two \$1,000.00 scholarships to graduating high school seniors in Alamance County. Applicants must plan to pursue a major in an agriculture-related field at a two-year or four-year college or university. "There is

a common misconception that students must plan to major specifically in agriculture. I think because of that, we don't get many applicants," said Vaughn Willoughby, President of ACFB.

The goal this year is to encourage all students planning who wish to major in an agriculture-related field such as biology, botany, environmental studies, or zoology to apply. These annual scholarships to help

fund students' undergraduate dreams in the hopes that they will someday contribute to Alamance County's farming industry which "is alive and thriving," according to Willoughby. The ACFB main office in Graham and all high school guidance counselors have applications and more information. The deadline is April 15th, so don't miss out on this opportunity that is unique to Alamance County. ■

## Farmers Markets *dates & locations*

### > Burlington Outlet Village Farmers Market

**Sundays, 1 to 5 pm**

Visit [BurlingtonFarmersMarket.com](http://BurlingtonFarmersMarket.com) or call 919-357-3194

### > Elon Community Church Farmers Market

**Thursdays, 3 to 6:30 pm**

Visit [eccfarmersmarket.org](http://eccfarmersmarket.org)

### > Gibsonville Market Day

**Saturdays, 8 am to 4 pm**

Visit [gibsonville.net](http://gibsonville.net) or call 336-449-7241

### > Holly Hill Baptist Church Farmers Market

**Wednesdays, 7 am to 12:30 pm**

Call 336-421-6091

### > Market at Iseley Farms

**Monday - Friday, 9 am to 6 pm,  
Saturdays 9 am to 2 pm**

Visit [iseleyfarms.com](http://iseleyfarms.com) or call 336-584-3323

### > Mebane Parks & Recreation Farmers Market

**Saturdays, 7 am to 11 am**

Call 919-563-3629, ext. 3

### > Saxapahaw Farmers Market

**Saturdays, 5 to 8 pm**

Call 336-376-5694

### > Farmers Market at the Village at Brookwood

**Tuesdays, 8 to 11 am**

Call 336-570-8400

## > Farm Follies

Two farmers were having a great day at the local farmers' market. Farm trucks were loaded up with fresh, local produce and customers were in a buying mood.

But the mood changed when one farmer turned to his neighboring vendor with a disgusted look on his face. He said, "I just don't know what we are going to do about these city slickers, especially the ones that come from the big city."

"What's wrong with city slickers?" asked the other farmer. "They are our best customers. Heck, that last fellow bought two watermelons from you didn't he?"

"Yeah I guess you are right," said the farmer. "But it just galls me every time I sell a watermelon to a city slicker, especially when they ask me how to peel it."



Visit the Alamance County Farm Bureau online at

[www.acfarmbureau.com](http://www.acfarmbureau.com)

[www.facebook.com/pages/Graham-NC/Alamance-County-Farm-Bureau/156187451702](https://www.facebook.com/pages/Graham-NC/Alamance-County-Farm-Bureau/156187451702)