

# *Eastern Shore Locavore News*

Jan 2011 1.1

a publication of the Eastern Shore Local Food Project

We are honest hardworking people of the Eastern Shore of Virginia who have formed an interest group for the purpose of promoting fresh local food. To use a new term, we are locavores. This newsletter is one of the ways we educate about local food. Food produced within a hundred miles is considered local. In our case it is food from either Accomack or Northampton Counties. It can be vegetables or meat and either land or seafood. We have decided to give honorary awards each month. Our local food consumer award for the month of January 2011 goes out to local pottery maker Jose' Dovis for his backyard greenhouse. Jose' is not only a consumer of local food but also a producer as well. An avid gardener in the summer, Jose' has recently added a greenhouse and hoop house to his backyard cultivation. In January Jose' remarked about his project "I'm currently growing tomato plants, lettuce, Chinese cabbage, thyme, and green asparagus beans. I had aphids on the eggplant leaves and had to remove the stalk from the greenhouse (but not before I got two eggplants!) Bugs aren't usually a problem this time of year. The other vegetables are doing great in the 80 degree sun-warmed greenhouse on a 30 degree day in January. The sun warms it during the day and the thermostatically controlled electric heater keeps it warm at night." He uses jugs of water in a black plastic bag and leaves in a black bag to absorb heat during the day and radiate heat at night. He figures the small amount of electricity use by the heater costs about \$10 per month. Congratulations Jose' and happy eating!



Would you like to nominate someone for our outstanding producer or outstanding consumer award? If so call Jeff at 757-999-4426.

## Eastern Shore Locavores



[www.eslocalfoodproject.org](http://www.eslocalfoodproject.org):

the who, what, when, where, why, and how of local food

look for our new URL as we redesign our website

Our meetings are the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 7:30 pm. We are currently alternating between Accomack and Northampton locations. Call Jeff for the location at 757-999-4426.

local food = local health, local wealth



Organic Swiss Chard Greens

Photo by Jeff Poulterer