



KANSAS CITY FOOD CIRCLE

The KCFC Update: Summer 2010

KCFC's 2010 *Eat Local* Expos Break Attendance Records

Our 12th Annual *Eat Local - Exhibition of Farmers* was a huge success with record attendance at both locations.

Attendance at our 2010 Shawnee expo event was estimated to be 1,468 people, compared to the previous high of 1,118 in 2008. (The 2009 Shawnee expo attendance was significantly reduced by snow and sleet.) Attendance at our 2010 Independence event was 1,048, compared to 890 in 2009. Overall, 2010 expo attendance was up 25 percent from previous records.

We attribute our success to a number of factors. We had favorable weather. KCFC Coordinating Committee member David Lawrence has spent the past year building an extensive social networking presence on our website. For example, 229 attendees surveyed at the expo reported they had heard of the 2010 events through the KCFC website and related social media, versus only 51 in 2009.

Our USDA grant funded beautiful *color* newspaper ads and fliers produced by KCFC volunteer, Cheri LeBlond, and these were widely distributed online.

As usual, a substantial majority of people were *first-time attendees*. The main purpose of the *Eat Local* expos has always been to interest new people in the joys of eating *local, organic and free-range*. This continues to be a successful event for that purpose.

We hold the events very early in the season to fit with the CSA sign-up period, to avoid competing with farmers markets, and to serve as a kick-off event for the new season.

We have already reserved the same sites for next year. However, the dates are reversed due to space availability issues. **The Independence event at the Sermon Center will be held first this year on Saturday, March 26, 2011, and the Shawnee event at the Civic Center event will be held Saturday, April 2, 2011.** Please mark your calendar.

Welcome New KCFC Farmers

We experienced another surge in new producer memberships in 2010. We now have 79 producer members compared to 69 in 2009. Below is a list of our new producer-members. "Web" means the producer signed up too late to make the printed directory.

Chestnut Charlie's Organic Tree Crops
The Curious Canine
Dodge City Beef
Full Circle Farm (web)
Hidden Hills Farms
Lucky Star Farms
New Earth Garden
Meadowlark Acres
PJ's Mushroom Farm
Pure Prairie Organic Farm
Run Aground Farm
Simple Food
Stony Crest Gardens
Sugar Creek Buffalo & Natural Meats
Western Hills Produce

Please check out our [new members](#) on our website. This page will be updated throughout the year.

Directory correction. We apologize for an incorrect listing for Paradise Locker Meats in the 2010 printed directory. The [online KCFC directory](#) has the correct listing, and we are inserting corrections in the remaining printed directories.

Farmers Market Time Again!

Despite a cool spring, more produce is coming in fast. Most of our producers sell at one or more farmers markets in the K.C. metro area. In addition, the KCFC now endorses *seven* all-organic and free-range farmers markets in the area. For market details, go to the "[Organic Farmers Markets](#)" section of our directory, or go to kcfoodcircle.org and click on Organic Farmers Markets. To find out where our producers are selling, check their listings in the 2010 directory.



Getting Omega-3 Fatty Acids into Your Diet

By Craig Volland, KCFC Coordinating Committee

Just about everybody agrees that we should include lots of omega-3 fatty acids in our diet due to its significant health benefits, especially in combating heart disease. So, should we scarf up the fish oil pills hawked by every pharmacy? Maybe not.

Omega-3 is available in small amounts in a number of foods like canola, soy, kale and spinach. However, the most popular sources of the nutrient are whole fish, walnuts, fish oil pills, flax oil pills and flax seeds.

From an ecological point of view, marine fish products come with a lot of baggage. First and foremost, consuming them is linked to the serious worldwide depletion of marine life. They impose a heavy carbon footprint because they must be processed and shipped a very long distance. Fresh fish is flown in or shipped frozen. Even packaged fish oil should be kept refrigerated for freshness.

A similar oil product is now being derived from ocean krill. Since krill sits at the bottom of the food chain, its use greatly reduces the risk of mercury contamination. Good quality fish oil pills are supposed to be free from mercury as well, but that is only because it is even more highly processed. If humans start harvesting krill on an industrial scale, a huge number of higher order marine creatures will have an even harder time finding enough food.

Flax oil avoids many of these problems, but it is still highly processed. One can grind flax seed in a coffee bean grinder and get the fiber, too. Flax seed is not exactly local, though. Virtually all flax seed in North America is grown in Saskatchewan on about 1.3 million acres or in North Dakota and Minnesota on about a half million acres. On the other hand that is not all that far away from K.C., and it is available as a relatively inexpensive commodity.

(English) Walnuts taste great, but they are not local. Black walnuts are local, but supply is limited because they are hard to harvest in usable form. Some people do not like their unique flavor. (I do!)

Recent research suggests that additional omega-3 can be obtained from milk and cheese from grass-fed cows. That is local! But that is not an option for vegans and others who try to reduce animal products in their diet. Nonetheless, in moderation, that could be an answer for many.

So, are veggie or fish sources nutritionally better? It is about time we asked someone who actually knows what they are talking about. So we went to the website of the Harvard School of Public Health. Dr. Frank Sacks, professor of Cardiovascular Disease Prevention in the Department of Nutrition, said:

“We do not know whether vegetable or fish omega-3 fatty acids are equally beneficial, although both seem to be beneficial. Unfortunately, most Americans do not get enough of either type. For good health, you should aim to get at least one rich source of omega-3 fatty acids in your diet every day. This could be through a serving of fatty fish (such as salmon), a tablespoon of canola or soybean oil in salad dressing or in cooking, or a handful of walnuts or ground flaxseed mixed into your morning oatmeal. “

On whether it is better to get omega-3 fatty acids from food or from supplements, Sacks says, “Certainly foods - since the plants and fish that contain omega-3 fats have other good nutrients, such as protein, vitamins and minerals...” Dr. Sacks can be found at www.hsph.harvard.edu.

Personally, I vote for ground flax seed, which can be ordered in bulk through the Squash Blossom Coop (squashblossomcoop.org). I also eat local, organic dairy products. Anyway, this is food for thought, so to speak.

New Leadership for KCFC

Craig Volland has retired as coordinator of the Kansas City Food Circle. The Coordinating Committee decided to return to the tradition, established by the Kansas City Greens and our parent non-profit corporation, Heart of America Action Linkage, of promoting gender balance in their leadership.

Cheri Le Blond and Emily Akins will share duties of female co-coordinator, and David Lawrence will be male co-coordinator. Each of these individuals has contributed greatly to the success of the organization in the past year. Craig will remain on the coordinating committee and assist with the KCFC Update newsletter and the Eat Local expos.

Also Marie Smith, who has served as treasurer for the entire history of KCFC, is also retiring and will be replaced by Season Burnett, Coordinating Committee member. Our thanks to Craig and Marie for their many years of service and to our new leaders for their willingness to step up.

This *KCFC Update* is a Kansas City Food Circle original publication. Past issues are archived at kcfoodcircle.org. For more information, write to: KC Food Circle, P.O. Box 45195, KCMO, 64171.