

11-06 All Church Market Place Meeting FOOD PROCUREMENT AND PRODUCTION

Ron Unruh/ Chairmen Production

Cell 661-619-6353

runruh@rockharborchurch.net

Gerald Ogden/ Chairmen Procurement

Cell 661-201-8332

gerald@courtsandgreens.com

Malise Unruh/Subcommittee Chair Gardening / Home Economics

Cell 661-378-6137

meeceu@gmail.com

Local Farmers Markets

Kern	Haggin Oaks Farmers Market	Kaiser Permanente, 8800 Ming Avenue (Corner of Ming and Haggin Oaks), Bakersfield, 93311	Jaclyn Allen	Sun.	9am - 2pm	Year Round	(661) 864-7048	thehensroost@yahoo.com
Kern	From The Farmhouse Farmers Market/ F St.	2819 F St., between 28th & 30th Sts., Bakersfield, 93307	April Verhoef	Sat	7:45am - noon	Year Round	(661) 342-4671	fromthefarmhouse@yahoo.com
Kern	Market at Seven Oaks Business Park	4521 Buena Vista Rd., Buena Vista Rd. & Bolthouse Dr., Bakersfield, 93311	Erin Tenter	4th Wed of the mo.	4:30 - 7:30pm	Mar - Oct	(661) 323-4005	etenter@bolthouseproperties.com
Kern	Tehachapi's Farmers Market	Green St. and Tehachapi Blvd., Tehachapi, 93561	Jessica Garner	Thu	4 - 7pm	Jun 3 - Aug 25	(661) 822-2200	j.garner@tehachapicityhall.com
Kern	Downtown Market	1916 G St. @ 19th St., Bakersfield, 93301	Jaclyn Allen	Sat	9am - 1pm	Year Round	(661) 332-4411	thehensroost@yahoo.com
Kern	Perfectly Natural Farms	15 Fairfax Rd., Bakersfield, 93307	Ryan Stevens	Sat & Sun	9am - 3pm	Year Round	(661) 979-2600	ryanstevens@stibk.com

Rice and Beans Per Person Per Day

(2) cups of dry white rice about 1,300 calories

(1) cup of dry beans about 600 calories

Do you know the calories you consume each day?

If you are preparing for your future food needs, a good idea is to know how many calories you consume each day. Try for a couple of weeks to track everything you eat and see how many calories you consume.

Planted!

We will be forming a gardening group, **Planted!**, where church members can share seeds and seedlings, learn seed starting, transplanting, composting, crop rotation, soil makeup and produce sharing.

Augason on Amazon

This company has foods that may be more difficult for the home preserver such as milk or butter powder.



Augason Farms Butter Powder 2 lbs 4 oz No. 10 Can
★★★★★ 9,716
\$22¹⁸ (\$0.62/ounce)
\$42-99 (48% off)
prime



Subscribe & Save
Augason Farms Dried Whole Egg Product 2 lbs 1 oz (pack of 1)
★★★★★ 9,669
\$96⁴⁰ (\$2.92/Ounce)
\$115-99 (17% off)
prime



Augason Farms Scrambled Egg Mix 2 lbs 4 oz No. 10 Can
★★★★★ 3,513
\$104⁹⁹ (\$2.92/Ounce)
prime



Augason Farms Dairy and Egg Combo No. 10 Can 3-Pack
★★★★★ 142
\$199⁹⁵

Canning and Food Preserving

We are looking at, possibly the first of next year, holding a canning class. Until our church building is completed, Gerald has a building we can use but it does not have a kitchen. We would need to set up a propane burner to actually can some food. Dehydrating and freeze drying classes are also something we are planning.

Additional Events

We are looking at hosting an event next year where church members could come meet all the committee chairs and sub committee chairs and find out more about each committee and what we are doing. This event will also highlight some of the resources that the Marketplace has to offer.

Bulk Purchasing

We want to develop bulk purchasing for products like sugar and flour and offer to the membership the opportunity for bulk purchased pricing. We have some opportunities to make these purchases and are looking for an interested person or persons who would like to take on the task of overseeing the implementation of a bulk purchasing project.

Home Remedies

We would like to incorporate a "home remedies and herbal supplementation for health care" class or classes. We want to see if there is an interest in this subject and if there are members who would be willing to lead the education of this subject.