

FOCUS



NEXT WEEK: Eastside features the Knittin' Kittens, a group that knits and crochets blankets, hats and scarves for local charities.

To market, to market ...

Vendors provide freshness for local outdoor shoppers

By **DAVID R. MILLION**
World Staff Writer

Fresh, locally grown and often organically produced vegetables, flowers and meats are now available at farmers' markets throughout the Tulsa area.

The markets are managed separately, but they are tied together loosely because of Donna Vogelwohl, who manages markets in Jenks and downtown Tulsa.

Annette Riherd, a vendor at Pearl Farmers' Market and manager of the Owasso Farmers' Market, said she appreciates Vogelwohl's assistance.

"Donna helped me a lot, and she started an e-mail system for all us market managers to get answers to our questions and offer help to each other," Riherd said.

Riherd and her husband, Tim, operate Aunt Nettie's Herbs, a produce and herb farm near Oologah.

The organic farm is certified by the Oklahoma Department of Agriculture, Food and Forestry Division.

"Farmers' markets attract customers we'd never get otherwise," Riherd said.

Pearl market customer Jo Daniels said she enjoys farmers' markets.

"I try to go to all the farmers' markets in the area. I really am impressed with all of them. We need more, and we need to support our local growers," Daniels said.

She said she likes the impromptu nature of the outdoor seasonal markets.

As a light shower started May 3 at the Pearl market, Riherd moved half her produce to make room for a vendor who wasn't under a tent. Another vendor scooted his tent to cover Three Penny Upright, the band playing that day, so members could continue playing.

"I like these markets because they bring a sense of community," Riherd said. "You get to know your customers. They become friends."

Rain, unless accompanied by lightning, doesn't slow farmers' markets, she said.

"As farmers, we plant in the rain, harvest in the rain and sell in the rain, and I'm always amazed at how many customers show up in the rain," she said.

On May 3, the Pearl market had a representation of the types of vendors markets have in the spring before much produce is harvested, manager Rita Scott said.

"We have 10 vendors today with room for 25. I'm confident as the season progresses, we'll fill up," she said.

Dianna Langdon of Well Bread Bakery and Teri Fermo of Bohemia are vendors with food made mostly with ingredients bought from market vendors, Scott said.

"I grind the grain myself for the 100 percent whole grain products that I bake," Langdon said.

Fermo said she lists the ingredients she uses for foods she prepares such as flatbread pizza, lasagna and lemon bars.

"We (vendors) all need to work together, to support each other," Fermo said.

Other early Pearl vendors provided grass-fed beef, pork and lamb, vegetables, flowers, pottery and handmade soap.

Riherd said the Owasso market also has more than produce.

"We'll have soap and natural-grown meats, but what we're really excited about are the plans in the works now for next year," she said.

"The city, in upgrading its parks, is talking with us about having the Owasso



DAVID R. MILLION / Tulsa World

Above, Annette Riherd (left), of Aunt Nettie's Herbs, and Rita Scott, manager of Pearl Farmers' Market, Sixth Street and Peoria Avenue, discuss produce as customers shop and the band Three Penny Upright prepares to play. Riherd is a vendor at Pearl and also manages the markets in Owasso. Left, radishes, green onions, turnips lettuce and herbs are available at local markets.

TULSA AREA MARKETS

Downtown Tulsa Farmers' Market: 10:30 a.m. to 2 p.m. Tuesdays. Call Donna Vogelwohl, 224-5337.

Pearl Farmers' Market at Centennial Park: 4 to 8 p.m. Thursdays. Organized with the help of Sustainable Green Country and the Kerr Center for Sustainable Agriculture. Call Rita Scott, 640-5408.

North Tulsa Farmers' Market: 8:30 a.m. to 12:30 p.m. Saturdays, beginning June 9. Rain cancels. Call Demalda Newsome, 955-8559.

Cherry Street Farmers' Market: 7 to 11 a.m. Saturdays. Call Kim Smith, 519-9383.

Cherry Street Farmers' Market on Brookside: 8 a.m. to noon Wednesdays. Call Kim Smith, 519-9383.

Owasso Farmers' Market on Wednesdays: 8 a.m. to noon. Call Annette Riherd, 694-3490.

Owasso Farmers' Market on Saturdays: 8 a.m. to noon. Call Annette Riherd, 694-3490.

Collinsville Farmers' Market: 8 to 11 a.m. Wednesdays and Saturdays beginning June 2. Call Melinda Marsh, 371-4480.

Jenks Farmers' Market on the Bridge: 7 a.m. to noon, Saturdays. Call Ruth Littlefield, 299-5005.

Farmers' Market in one of the parks. Nothing is set yet, but they're talking about adding a water park for the kids, bringing in chefs to talk about cooking different dishes and maybe even music entertainment."

Tulsa County market customers can feel safe about their purchases, Vogelwohl said. She said businesses are regulated by the Tulsa Health Department.

"It's basic cleanliness and common sense," she said.

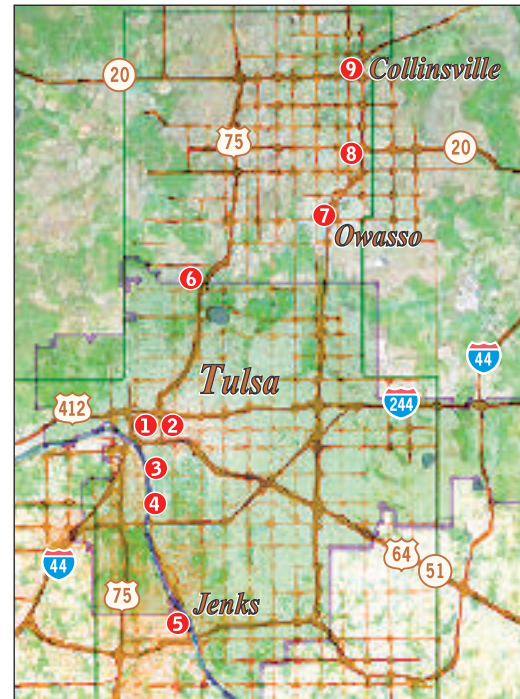
"Keep the veggies off the ground so a dog doesn't hike a leg on a watermelon."

David R. Million 712-7913
david.million@tulsaworld.com



SARA PLUMMER / Tulsa World

Rachel Lim looks over lettuce at the Wednesday Owasso Farmer's Market, which takes place from 8 a.m. to noon in the Owasso Family YMCA parking lot, 8300 Owasso Expressway.



1. Downtown Tulsa Farmers' Market, Williams Green, Third Street between Main Street and Boston Avenue.
2. Pearl Farmers' Market at Centennial Park, southwest corner, Sixth Street and Peoria Avenue.
3. Cherry Street Farmers' Market, Jason's Deli parking lot, 15th Street and Peoria Avenue.
4. Cherry Street Farmers' Market on Brookside, Westlake Ace Hardware parking lot, 41st Street and Peoria Avenue.
5. Jenks Farmers' Market On The Bridge, at 91st Street Bridge between Oklahoma Aquarium and RiverWalk Crossing.
6. North Tulsa Farmers' Market, 2620 E. 56th St. North.
7. Owasso Farmers' Market on Wednesdays, Owasso YMCA parking lot, 8300 Owasso Expressway.
8. Owasso Farmers' Market on Saturdays, Rejoice Church parking lot, U.S. 169 and 106th Street North.
9. Collinsville Farmers' Market, Collinsville Plaza, 12th and Main streets.

Tulsa World

"I like these markets because they bring a sense of community. You get to know your customers.

They get to become your friends.'

ANNETTE RIHERD

OWNER OF AUNT NETTIE'S HERBS AND MANAGER OF THE OWASSO FARMERS' MARKET

MAY 23-29

A WEEK'S WORTH OF LOCAL EVENTS. Unless otherwise stated, all events are free.

WEEKLY MEETINGS

Toastmasters Club Meet The Hilltop Voices Toastmasters Club will meet from noon to 1 p.m. Friday at Tulsa Promenade, 41st Street and Yale Avenue. Guests are welcome. For more, call 437-2519.

Tulsa Rotary Meet The Southeast Tulsa Rotary will meet at noon Tuesday at Tulsa Bible Church, 5838 S. Sheridan Road. To learn more, call 744-6444 or visit www.setulsarotary.org.

Lions Meet The Tulsa Downtown Lions Club will meet at noon Tuesday at the First United Methodist Church, 1115 S. Boulder Ave. For more information, call 742-5555.

DANCE

African Dance An African dance class will be at 6:30

p.m. Thursday at Lacy Park, 2134 N. Madison Place. No dance experience required and for all ages. For more information, call 596-7977.

MISCELLANEOUS

Celebrate Life Senior citizens will celebrate life from 10 a.m. to noon Friday at Southeast Free Will Baptist Church, 1801 S. Garnett Road. There will be bingo for prizes, devotion, and lunch. For more information, call Ammie, 371-7935, or Sue, 437-4716.

Wildflowers Come see what is in bloom at Redbud Valley at the Oxley Nature Center, 5701 E. 36th St. North, from 10:30 a.m. to noon Saturday. The event is free to all ages and no registration is required. To learn more, call 669-6644.

Field Sketching Learn to draw nature and document what you see from 1 to 3 p.m. Sunday at Oxley

Nature Center, 5701 E. 36th St. North. Bring paper or a sketch book and pencils. Cost is \$2 for the general public and free for members. For more information, call 669-6644.

SUPPORT GROUP

Divorce Care Divorce recovery series and support group from a Biblical perspective will meet from 6 to 7:30 p.m. Wednesday at First Baptist Church, Fourth Street and Cincinnati Avenue. For more information, call 594-5040.

ARMy of Help Father's House Church, 7727 E. 41st St., will offer the Addiction Recovery Ministry at 7 p.m. Tuesday. ARMy is free for those who have compulsive behavior of all kinds. For more details, call 664-5420.

Celebrate Recovery A Christ-centered Recovery Pro-

gram will be at 7 p.m. Tuesday at Believer's Church, 4705 S. Memorial Drive. For more information, call 495-2929.

LOOKING AHEAD

Indoor Garage Sale Women of the Madalene will hold an indoor garage sale from 9 a.m. to 4 p.m. June 2 at Church of the Madalene, 22nd Street and Harvard Avenue. For more information, call 747-6443.

Centennial Lecture Series The Tulsa Air and Space Museum & Planetarium, 3624 N. 74th East Ave., will feature Jack Wells from 5 to 6 p.m. June 3. The topic will be "Solar Eclipse Follower." For more, call 834-9900 or visit www.tulsaairandspacemuseum.com.

Calendar items should be submitted by 5 p.m. Thursday for the following Wednesday's publication.

TULSA WORLD
Eastside
Community World

Editor
Delbert Schafer
(918) 712-7913
Assistant Editor
Rhonda Clark
Copy Editor/Reporter
David R. Million

Reporters
Sara Plummer, Deon Hampton, Matt Barnard
Editorial Assistant
Sharon Sayre
Advertising
Retail Inside Sales (918) 581-8510

Office hours
9 a.m. to 5 p.m. Monday-Friday
3320 E. 32nd St.
Tulsa OK 74135
(918) 712-7913 phone
(918) 712-9560 fax

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Call 587-NEWS
On the Web
www.tulsaworld.com
To e-mail any Community World staffer,
type first name.last name
@tulsaworld.com