



Jan Marie Schwartz

This column is exclusive to the *Blue Valley Times*



I'm wearing bell bottoms and riding in the rear-facing seat of my parents' paneled station wagon. I'm growing up in suburbia in the 1970's and in the middle of our development my mom has a huge garden running the perimeter of the house from the side door to the back patio, with an additional garden plot located on land beyond the creek bed.

The scrawny seedlings she started would rapidly become strong stalks dangling vegetables colored in hues mimicking a sixty-four pack of Crayola crayons. The bounty from her garden would feed me and my five siblings throughout the summer months and into fall. Chartreuse green lettuce, string beans, carrots, cucumbers, peas, inky-black eggplant, squash, potatoes and peppers would be on our plates in a variety of dishes. Best of all was taking a momentary break from running through the sprinkler or playing tag and being able to stuff a juicy cherry tomato into my mouth fresh off the vine.

In late summer, vats of tomatoes liquefied in the Osterizer would bubble on the stove top ready to be made into sauce and ketchup, cucumbers would be submerged into a briny solution that in a few weeks time would emerge as pickles, and, toward the end of the growing season, green tomatoes would be preserved in canning jars ready to be savored during colder months.

Now with my own two children, and unable to commit the time and energy needed to turn my yard into a garden each spring, I want to offer them a tasty slice of childhood as I remember it: by being able to eat a variety of fresh, locally grown veggies. I first learned about Community Supported Agriculture (CSA) a few years back, and I realized that just like good summer camp programs, participating farms' shares fill up quickly. Here are the basics: a farmer offers a certain number of 'shares' to the public. Typically the share

consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a 'membership' or a 'subscription') and in return receive a box (bag, basket) of seasonal produce each week throughout the growing season. To find out what farms near you participate in the CSA model visit localharvest.org.

We chose a farm close to our house and they sent me an application via email, and gave me the option of paying for my share in either one or two installments

Each week on our assigned pick-up day I eagerly drove to the farm to see what the garden yielded. In my own house I played

out the rituals of my past, turning cucumbers into pickles, tomatoes into sauce and soup.

My husband and I also tried out new recipes with some of the less familiar vegetables we received. This resulted in grilled fennel, sautéed Swiss chard, baked kale chips and potato and leek soup finding their way onto our dinner table.

If you're not able to commit a large amount of money up front, don't like having to pick up your food on a set day once a week with no control over what you'll find in your bag, a good alternative is a farmers' market.

If you're craving fresh, locally grown greens now, some markets are open year round. The Northampton, Lehigh and Berks chapter of Buy Fresh, Buy Local is part of a national program, that according to their website, "is your connection to the freshest tastiest food in the greater Lehigh Valley" (buylocalgreaterlehighvalley.org). The site also has listings of farmers' markets in the area, along with the days and times they're open. Farmers' markets are also a great place to pick up a pair of alpaca socks, locally produced honey, handmade soaps, artisanal breads, meats, cheese, maple syrup, eggs, desserts, varietal wine and locally brewed beer.



Jan Marie Schwartz is an Outreach Coordinator for the Pre-K for PA campaign. The campaign is supported by individuals and organizations across Pennsylvania who believe that investing in our children is the right choice and an urgent necessity. She also serves as VP of Public Policy for the Lehigh and Northampton Chapter of PennAEYC

LEHIGH AND NORTHAMPTON CHAPTER

pennaeyc

Pennsylvania Association for the Education of Young Children

LIKE US ON FACEBOOK

Blue Valley Times



MT. BETHEL ABSTRACT

A FULL SERVICE TITLE INSURANCE AGENCY

3013 N. Delaware Dr., Mt. Bethel, PA. 18343

SEARCHES

CLOSINGS

TITLE INSURANCE

REAL ESTATE

SETTLEMENTS

NOTARY PUBLIC

PHONE

570-897-9047

FAX

570-897-9048

TOLL FREE

888-325-2433

www.mountbethelabstract.com

INSTANT REPLAY SPORTING GOODS

31 W. 1st Street, Wind Gap

TEAM EQUIPMENT AND UNIFORMS

Corporate Apparel & Accessories

Screen Printing and Embroidery

Softball & Baseball Supplies & Apparel

610-863-4600

instrep31@gmail.com

Now Hiring

School Bus Drivers

Bangor Area School District



STUDENT TRANSPORTATION OF AMERICA®

Experienced or Interested (Free Training)

20-30 hours per week

(AM and PM Routes)

Competitive Wages

Must pass all clearances and background checks

STA is an Equal Opportunity Employer

800 S. Main Street

Bangor, PA 18013

(610) 588-3590

Ackermanville United Methodist
1410 Ackermanville Road, Bangor
 Sun 10am Worship. Rev. Sukja Bang
 (610) 588-7818,
 www.ackermanvilleumc.org

Bangor Church of the Nazarene
150 Bunny Trail, Bangor
 Sun 9:30am SS, 10:40am Worship
 (Children's Church to grade 2), 5pm
 Powerhouse Praise Practice, 6pm
 Teen Straight Talk & Small Groups.
 Kenneth L. Bean, Pastor
 (610) 588-6929

Belfast Bible
483 Belfast Rd., Belfast
 Sunday School (all ages) 9:30am,
 Worship 10:45am, Evening Service
 7pm. Pastor Michael Yaworski.

Belfast Wesley United Methodist
607 School St., Belfast
 Children's SS & Adult SS 9am, Wor-
 ship 10am, coffee fellowship following
 worship. Pastor Paul Milligan. (610)
 746-3652.

Benders Mennonite Church
975 Benders Church Rd., Pen Argyl
 Sun Worship service every Sunday at
 10:10am; Food Bank 3rd Saturday of
 the month 9-11am. 610-863-9114.

Bethel Bible Church of Mt. Zion
**7742 N. Delaware Dr. (Rt. 611),
 Martins Creek**
 Free Bread Every Saturday, 3eryone
 welcome, questions 908-483-8231;
 Sunday School 9am, Sunday Morning
 Worship 10am. Pastor Rick Tunis, 610-
 250-9890. Learn about us online
 www.bethelbiblechurchofmtzion.org.

Christ Evangelical Lutheran Church
**703 S. Delaward Dr. (Rt 611),
 Mt. Bethel (Stone Church)**
 Every Sunday- 9am Worship, Commu-
 nion offered 1st & 3rd Sundays.
 610-588-7056, www.celcpa.org

Clearfield Bible Holiness Church
1502 Bushkill Ctr Rd, Wind Gap
 Sun- SS 10:15am, Worship 11:15am &
 3pm. Pastor Donald Herrick.
 (812) 653-3975.

Community Baptist
Weona Park Center, Pen Argyl
 Sun - Bible study 7pm. Separate
 class for age 10 & under.

Community Presbyterian
1755 S Delaware Drive, Mt. Bethel
 Sun. - SS 9:15am, Worship service
 10:30am, Coffee hour on last Sunday
 of every month following service.
 www.mtbethelpresbyterian.org,
 (570) 897-6766.

Cross Road Baptist Church
201 Second St., Bangor
 Sun- 9:15am Praise Sing, 9:30am SS,
 10:45am Worship; Wed- 7pm Prayer/
 Bible Study. Rev. Jay VanHorn, Pastor
 (610) 588-3966,
 www.crossroadbaptistbangor.org

**The Lady's Guild of Our Lady of Vic-
 tory R.C. Church, Tannersville** will hold
 a Chicken Cordon Blue Dinner on April
 28th. We would appreciate your help
 in advertising this year's event without
 cost to the church.

**The East Bangor United Methodist
 Community Church** will celebrate
 Holy Week starting with Palm Sunday,
 April 14, at the 9:15 a.m. worship
 service. There will be a distribution
 of palms and a special anthem by
 the choir. On Maundy Thursday, April
 18th, at 7:00 p.m., communion will be
 observed. Easter Sunday services on
 April 21st will start at 9:15 a.m. The
 church is located at 136 W. Central
 Ave. (Rt. 512), East Bangor, PA. For
 more info. call 610-588-4453 or visit
 www.ebumc.org.
 Thurs., April 11 1:00 p.m. Bazaar
 Workshop 6:30 p.m. Choir Rehearsal
 Sat., April 13
 8:00 p.m. AA Meeting
 Sun., April 14
 8:30 a.m. Choir Rehearsal
 9:15 a.m. Worship Service w/Child-
 ren's Church
 10:30 a.m. Adult Forum
 Pastor David Goss
 610-588-4453
 Dial-A-Message
 610-588-3896
 www.ebumc.org

Faith Alive Community Church
10 Mechanic St, Wind Gap
 Tues- 6pm Ladies Prayer Meeting (2nd
 Tues); Wed- 6:30pm Revival Prayer,
 7:15pm Adult Bible Study; Sat- 10-2pm
 Prayer Stop (1st Sat); Sun- 9:15am
 Family Fellowship, 9:30am Interces-
 sory Prayer, 10am Worship, 10:45am
 Children's Church, Communion at
 10:30am (1st Sun). Pastor Matthew
 Whistler. (610) 863-6911,
 www.faccpa.org

Faith United Presbyterian
Penna & Heller Aves., Pen Argyl
 Sun.- 9am Choir, 10am Worship/
 Communion/Food Bank/Church
 School. (610) 836-4447

Family Life Community Church
1115 Richmond Rd, Bangor
 Wed- Kidz Night Out at The Hub 6:30-
 8pm (kids 6 thru 6th gr.); Thurs- Teen
 Night Out at The Hub 6:30-8pm (gr.
 7-9); Sun- 10am Celebration Service.
 Pastor Mike Poppa. 610-588-3736,
 www.flccbangor.com.

First United Evangelical
25 S 2nd St., Bangor
 Sun. - 7pm Prayer Meeting & Bible
 Study; Jan 20- 9am Prayer Meeting,
 9:30am Church School, 10:30am Wor-
 ship. Pastor Ronald Shipman at
 (610) 588-3226

First United Methodist Church
55 N. Third St., Bangor
 Worship every Sunday at 11am, Adult
 and Children Sunday Schools 9:45am,
 Communion first Sunday of month,
 Wednesday evening Bible Study
 6:30pm. Pastor Chris Hardy
 (610) 588-4673.

First United Methodist
19 West & Water St., Wind Gap
 Sun.- 9am SS, 10am Worship/Commu-
 nion, 11am Fellowship on 1st Sunday
 of each month. Pastor John Vidal
 (570) 426-0645

Flicksville United Church of Christ
**1337 Lower South Main Street
 Bangor, PA 18013**
 Pastor Ken Hess
 610-588-4648
 www.flicksvilleucc.com
 Sunday School at 9:30 a.m. Worship at
 10:45 a.m.
 Maundy Thursday Service at 7 p.m.
 Easter Sunday Service at 9:30 a.m.
 All are welcome

God's Missionary Church
of Northampton
**4965 Nor. Bath Blvd (Rt 329),
 Northampton, PA**
 Sun- SS 9:30am, Service 10:30 &
 7pm, Youth Service 6:30pm; Wed-
 Prayer Meeting 7:30pm. Rev. Rodney
 Keister. (610) 262-4412.
 http://GMC-N.com
Good Shepherd Evangelical
Lutheran Church,
2904 Church Rd, Martins Creek PA
 Sunday Worship Service 9:00 am.
 Adult Bible Study Following Worship.
 Pastor Louise Williams.
 www.goodshepherdmc.com

Grace Lutheran Church
5907 Sullivan Trail, Nazareth
 Tue. - 6:30pm Choir; Jan 20- 9am
 Service/Communion, 10:15am SS,
 10:30am Confirmation/Adult Forum.
 (610) 759-9080, www.gracebelfast.org

Grace United Methodist
404 Mountain Ave., Pen Argyl
 Sun.- 8:30am Contemporary, 10am
 Blended, 10am SS. Nursery care
 available at all services. Rev. J.
 Timothy Fisher. (610) 863-4811. www.
 worshipatgrace.org

Holy Trinity Orthodox Church
1501 Trinity Court, Stroudsburg
 Divine Liturgy Sundays 9:30 AM;
 Vespers Saturday 6:30 PM. (570) 421-
 4455, www.holytrinitypoconos.org.

Hopesprings Community of Faith
301 Market Street, Bangor
 Sun-Services 10am. Jonathan Alman-
 zar, Lead Pastor. 855-INFO-HOPE.
 www.hopespringscommunity.org.

Hope UCC
2nd & Cherry St., Wind Gap
 Sun- 10:30am Worship (Communion
 1st Sunday of the month). All are wel-
 come! SS every other Friday. Pastor
 Darlene K. Blocker. (610) 863-4474

Living Waters Christian Church
396 Sterling Rd. Unit D, Tobyhanna
 Thurs- 6pm Christian Edu Sun- 9:15am
 Christian Edu, 10:30am Worship. Rev.
 Dr. Jacqueline R. Walters
 570-350-4710

Mt. Bethel Church
A Church of the Lutheran Brethren
1270 Belvidere Cr. Rd, Mt. Bethel

Sun.- 8:30am Traditional Service
 including "Kids Korner" Children's
 Sermon, 9:50am Confirmation & SS,
 11am Contemporary Service including
 Mt. Bethel Praise Team & "Children's
 Church" during the sermon. Chris
 Priestaf, Senior Pastor. Dan Chris-
 tenson, Assoc. Pastor. Andrew Little,
 Youth Director. Little Friends Preschool
 (570) 897-7797. Visit our website www.
 mountbethelchurch.org or call (570)
 897-7142 for information or directions.

Our Lady of Good Counsel
436 South 2nd Street, Bangor
 Tue. - Mass 4pm; Jan 20- Mass
 8:30am. Pastor Stephen L. Maco,
 (610) 588-5445,
 www.goodcounselrcchurch.org

Portland Baptist Church
601 Delaware Ave., Portland
 Sun- Sunday School 9am, Service
 10:30am; Wed- Bible Study 10:30 with
 Prayer Meeting to follow. Elevator and
 rampsWe are handicap accessible
 with automatic doors, elevator and
 restroom. (570) 897-6866
 www.portlandbaptistchurch.com

Presbyterian Parish of
Bangor-Roseto
332 Kennedy Dr., Bangor
 Sun.- Worship 10:30am. Rev. Albert
 Martin. (610) 588-4864, email presbye-
 rianbr@frontiernet.net.
 www.facebook.com/Presbyterybr

Prince of Peace Lutheran Church
2445 Lake Minsi Dr., Bangor
 Spring rummage, and bake sale May
 3 Friday 9-5 may 4 9-12 sat 610-588-
 2355 Thurs., April 18
 1:00 p.m. Bazaar Workshop
 7:00 p.m. Holy Thursday service
 w/communion Sat., April 20
 8:00 p.m. AA Meeting
 Sun., April 21 8:30 a.m. Choir
 Rehearsal 9:15 a.m. Easter Service
 w/Children's Church

Richmond United Methodist Church
8538 Delaware Dr, Bangor
 Sun.- Service 10am; 4th Sunday Fel-
 lowship Hour; Christmas Eve Candle-
 light Services 4pm and 7pm. Pastor Ed
 Van Arsdale. (610) 588-7317

The Roseto Independent
Presbyterian Church
210 Garibaldi Ave, Roseto
 Sunday Worship Services 9:15am
 Greeting/Welcoming, 9:30am Service.
 All Welcome. Rev. Barry Eng. (610)
 599-9949, www.RIPC-OnlineToday.org.

Slate Belt - Nazareth Baptist
1620 Church Rd, Pen Argyl
 Sun.- 9:30am SS, 10:30am Worship &
 Children's Church (nursery provided),
 5:30pm Bible Study. Pastor Scott J.
 Davis. (610) 863-9274.

St. Brigid's Episcopal Church
310 Madison Ave, Nazareth
 Sun- 9:45am SS, 10:45am Holy Eu-
 charist. Rev. William Martin, 610-746-
 3910, www.stbrigidspa.org.

St. Elizabeth's Parish

300 West Babbitt Ave., Pen Argyl
 Sun.- Masses 8am, 9:30am & 11am.
 Rev. Msgr. Vincent P. York.
 610-863-4777

St. John's Evangelical Lutheran
12 N. Westbrook, Pen Argyl
 Sun.- 8:45am SS, 10am Worship/Holy
 Communion. (610) 863-4332

St. Joseph's Episcopal
1440 Verona Dr., W. Bangor
 Jan 20- Eucharist 11am; Christmas
 Eve Service 4pm. Rev. Joel Atkinson
 Coffee hour after service.

St. Luke's U.C.C. Belfast
471 Belfast Rd., Nazareth (Belfast)
 SS 9am, Worship 10:30am. Rev. Frank
 Gassler. 610-759-0244.
 www.stlukesuccbelfast.com

St. Mary's Episcopal
340 Lehigh St., Wind Gap
 Sun.- service 9am. Coffee hour follows
 service. Rev. Joel Atkinson.
 Maundy Thursday Service will be held
 at St. Mary's Episcopal Church Wind
 Gap at 5:30 P.M. Easter Morning Ser-
 vice will be held at St. Mary's Episco-
 pal Church Wind Gap at 9:00 a.m.

St. Peter's Evangelical Lutheran
1422 Church Rd, Pen Argyl
 Sun.- Bible Study 11am, Praise Band
 7pm; Jan 19- Youth Choir 6pm, Adult
 Choir 7:30pm; Jan 20- Services 8am
 and 10:15am, 9am SS.
 (610) 863-6859

St. Vincent DePaul Catholic
Delaware Ave., Portland
 Sat - Mass 6pm; Jan 20- Mass
 10:30am. Rev. Stephen L. Maco
 www.goodcounselrcchurch.org
 (610) 588-5445.

The Pentecostal Christian
Church the Truth
(Iglesia Pentecostal La Verdad)
4 Jory Ave Pen Argyl
 Sun.- Prayer 14- Sunday School
 (Escuela Dominical) 12 noon, Praise &
 Worrship (Cuho Evangelistico) 1pm.

Mission of Love Food Bank
555 North Main St., Bangor
 Every Tuesday- Food Bank Program
 10am-12pm. All are invited Bilingual
 Services. Pastor Frank Pons.
 (570) 807-7794

Temple Israel of the Poconos
Egalitarian Conservative Synagogue
660 Wallace Street, Stroudsburg
 Sabbath Services: Friday evening 7pm
 followed by a Traditional Oneg Shab-
 bat. Saturday morning 9:30am followed
 by a traditional Kiddush. Dr. Sandra
 Alfonsi 570-223-7062.

Trinity Evangelical Lutheran
404 Broadway, Bangor
 Thur - Christian Ed 6:30pm, Choir
 7:30pm; Jan 20- SS 9am, Worship/
 Communion 10am. Pastor Laine. (610)
 588-2023, www.tlcbangor.com.