

From: Virginia at Good Food Farms <virginia.emerson@gmail.com>  
Subject: Good News From Good Food Farms  
Date: August 12, 2013 5:31:05 PM PDT  
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## Good Food Farms August 2013 issue



**We are growing a farm together !**



### OKRA ?

Yes! Okra is delicious sliced thinly in any kind of salad or raw dish. It lends a nice nutty crunch. Added to cooked dishes, it is a great thickener in place of corn starch, which is primarily a GMO product. And, it is a necessary ingredient in such world renowned dishes as Louisiana Gumbo

Many people say they don't like the slime. Well let me tell

### What Members Are Saying

**Corine Laurijsen**, *"I see GFF as a food-producing consumer co-op. I especially like supporting a local farm initiative, and I also appreciate the extra service of having the recyclables picked up."*

**Magrit Bergman**, *"My first bag was a wonderful thing. We had a stir-fry made with the fresh veggies, along with organic chicken wings in soy sauce and garlic - delicious! I am looking forward to each delivery. Thank you."*



### This Month: In the Bag

celery, leeks, okra, tomatoes & cherry tomatoes,

like the same. Well let me tell you, that very substance is one thing Food & Nutrition Scientists are so crazed about lately. It is the same substance that is extracted from Natto (extremely aromatic fermented soybeans) and is sold as Nattokinase. It is known for promoting healthy blood, arteries and veins among other things. So, how about eating the food instead of buying the pill ?!

*Enjoy!*

*If you have any food ideas that include ingredients you've received from Good Food Farms and you'd like to share them, please send them to*

[fujioka\\_v@world12.net](mailto:fujioka_v@world12.net)

*to be included in an upcoming newsletter.*

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### **Steering Meeting Tues Aug 13, 5:00pm**

Apologies for the short notice. The meeting will take place at the Database Republic office on Marysville Rd across the street from the Post Office.

cucumbers, cabbage, zucchini, eggplant, bell peppers, parsley, peaches, strawberries, nectarines and kombucha.

*Last month we all received a surprise: a generous sample of freshly roasted coffee beans from Yoad and John. They are planning to start selling it soon and would appreciate receiving your feedback.*

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### **What is Good Food Farms anyway?**

We started out in late 2012 with the idea of being a CSA or Community Supported Agriculture organization. What we've found is that we really don't fit that profile. A CSA is a food production and distribution system that directly connects farmers and consumers or members. Members buy "shares" in a farm's harvest in advance, paying for an entire season of produce upfront (typically \$400-\$600). This early bulk payment enables the farmer to plan for the season, purchase new seed, make equipment repairs, etc., and guarantees a market for their products.

What we've come to realize is that our original intent was and remains to build something through cooperative input and effort. Our farmer does not make all the decisions. He is part of the process as are all the members. This means we are more in line with what a Co-Op is. A Co-Op exists to serve its member-owners who have a say in the business decisions that are made. Good Food Farms is a food-producing consumer Co-Op, producing biodynamically grown organic fruits and vegetables.

Two things we are working on right now are 1) putting together a farming business plan, in order to 2) create a legal entity as a Co-Op. We've talked about posting what we have so that people can make choices, but we just don't have the infrastructure to facilitate that. Gianni is working diligently with Shahar to create our farming plan and budget for the rest of the year, so that we can predict with some degree of accuracy what will be available and distributed to members two months in advance. And Paul has been working on how to best make Good Food Farms a legal entity so that we can apply for grants, as well as create a website with a domain of .coop. These things and more we will be talking about on Tuesday the 13th. If you cannot attend the meeting but would like to give your input, please contact Paul at

[paul@world12.net](mailto:paul@world12.net)

Members, please make  
your monthly check  
payable to Good Food  
Farms and mail it to

Paul McGovern  
PO Box 309  
Oregon House, CA 95962

And if you're not a  
member and would like  
to be, please contact  
Aya at  
[aya.openheart@gmail.com](mailto:aya.openheart@gmail.com)



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