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Subject: Newsletter from Good Food Farms
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Good Food Farms July 2013 issue

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We are growing a farm together !



What's in the bag

Cucumbers are the big winner this month. They're thin skinned, crisp and sweet!

This Month

zucchini, cucumbers, parsley, red and green cabbage, okra, kale, collards, peaches and strawberries.

August

celery, leeks, brussel sprouts, peas, okra, tomatoes & cherry



Why Good Food Farms?

Gianni Stefanini, *"I really appreciate the fact that Good Food Farms exists here for us. What I've learned working with Apollo Olive Oil is that the foods commonly available in our supermarkets are often not the fresh good-quality produce they are supposed to be. Knowing that we*

have delicious freshly picked fruits and vegetables that have been safely grown in our own local soil and are as nutritious and tasty as they can be is very gratifying.

The food you eat

can be the safest and most powerful medicine

- or -

the slowest poison."

WWOOF

WWOOF, WorldWide Opportunities on Organic Farms is an educational and cultural exchange program.

WWOOFers are visitors who spend from a few

tomatoes & cherry
tomatoes, cucumbers,
zucchini, kale, parsley,
peaches, and pears

*Please bear in mind that we
won't all be receiving all of this
all of the time. But we're
working on it !*



**Frogs in the garden are
biodynamic pest control.
Agricultural and
household pesticides not
only kill pests, they kill
frogs.**

Dill Potato Salad

2 lbs fingerling potatoes
4 whole green onions
1 long cucumber
4 large stems dill
1/4 C olive oil
1/3 C apple cider vinegar
salt & pepper to taste
- optional -
4 slices bacon

Boil the potatoes in salted
water for 15 - 20 minutes,
drain and when cool
enough, slice what is not
already bite-size.

If using bacon, sauté it
lightly. When cool, cut into
small pieces.

days to as long as a few months on a host farm in
order to learn about and participate in organic and
sustainable agriculture. They receive room & board
- with no money exchanged.

WOOFin is a wonderful way for people to learn
practical farming skills and be a part of the organic
agriculture movement around the world. And it is a
fantastic way for farmers with few resources to get
much needed help on their farms.

Our farm description on the WWOOF website

*We are growing a farm together as an innovative
community-owned, resource-sharing biodynamic
farming organization. We are working to produce
high quality organic food for our members year
round, and to contribute to the well being of the
community. It all began with a group of friends in
September 2012. We currently operate 5 small
gardens and 5 orchards on private properties in
Oregon House, including one at Clos Saron
Vineyard & Winery, a WWOOF host farm that has
been hosting WWOOFers for the past 2 years. We
are also close friends & neighbors of the folks at
Oak Meadow, also a WWOOF host farm for the
past couple years.*

*Our shared resources include: fenced pasture,
gardens, water, fruit trees (persimmon, apple, pear,
cherry, olive & peach), structures including 2 large
greenhouses for winter crops, and some
equipment. We also have a herd of 40 sheep,
100% grass fed year round - no alfalfa or grain. We
keep them moving from one property to another. In
the pipeline is poultry; broilers, layers and turkeys,
so we need to prepare for that by building
structures for them. These would be free ranging
and fed grain that we would grow.*

*There is globally an increasing sense of need to be
"food independent". Our closest supermarket is 30
miles away! Good Food Farms has a small but
growing number of members, to whom we make
weekly deliveries of organic produce, including
seasonal fruits and vegetables, eggs, home-made
kombucha, and an occasional home-baked good
from our gardens and homes to our members. We
have one farmer - Shahar - who is in great need of
assistance. At the moment we have big plans and*

Peel the cucumber, slice lengthwise, de-seed, and cut into pieces.

Slice the green onions all the way to the tips.

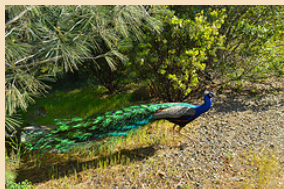
De-leaf the stems of dill and use the leaf only lightly chopped.

Put prepared ingredients into a large bowl and add salt & pepper. Next add the olive oil and apple cider vinegar. After mixing, set aside for an hour or so to let the flavors blend well. Mix again and serve on a bed of your favorite salad greens.

Enjoy!

If you have a recipe that includes ingredients you've received from Good Food Farms and you'd like to share it, please send it to fujioka_v@world12.net so it can be included in an upcoming newsletter.

*Correction to last month's recipe: **Collards and Farro** (not Farrel).*



Save the Date
July 25th, 6:00pm

Whether you are a

few hands, so we look forward to our first WWOOF hosting experience. What we offer this summer is a tent accommodation for a single person or a couple on the front deck of the home of Aya & Shahar. This includes access at all times to the house, fast internet, and of course meals. Shahar's summer work-days are Mon - Fri, 6am - 12pm with an hour breakfast break, and 4pm - 8pm. We welcome your assistance for one of these timeframes or portions of both, and would like you to stay for a minimum of 2 weeks.

Dear Members,

Please remember to put out your plastic, glass & metal recyclables on Friday's for Shahar to pick up. This last week he took a big collection to the recycling center and got \$100 which was used immediately for some much needed irrigation parts. If more people would participate it would be an even bigger financial help.

Here's a list of glass, plastic and metal recyclables:

- **Carbonated Soft Drinks**
- **Wine Coolers**
- **Distilled Spirit Coolers**
- **Beer**
- **Carbonated and Mineral Water**
- **Non-Carbonated Water**
- **Non-Carbonated Soft Drinks**
- **Sports Drinks**
- **Coffee and Tea Drinks**
- **Fruit Drinks**
- **Fruit Juices Packed in Containers Less than 46 Ounces**
- **Vegetable Juice in Containers 16 Ounces or Less**

Here's a list of containers that are not recyclable:

- **Wine & Distilled Spirits**
- **Milk**
- **Infant Formula**

Excerpt from

The Journal of Sustainable Agriculture

The evidence tells us that forging more sustainable

member or not, we would really like you to join us for our monthly Steering Meetings. The July meeting will be on Thursday the 25th at 6:00pm at the Database Republic office on Marysville Rd across the street from the Post Office. Please bring your questions and your ideas. We want to hear from the community, Anyone can come.

We greatly value your monthly financial contributions. Please make your check out to Good Food Farms and mail it to Paul McGovern, PO Box 309, Oregon House, CA 95962.

alternatives is imperative if we hope to survive. Yet proponents of factory farms and [genetically engineered crops](#) argue that monocropping, or crop specialization, is the only way to feed the masses and that it's far more profitable than having small independent farms in every township. But is this really true? A number of studies show just the opposite! In fact, studies are showing that medium-sized [organic farms](#) are far more profitable than ANY sized industrial agricultural operation.

For example, researchers at the University of Wisconsin's College of Agriculture and Life Sciences and Michael Fields Agricultural Institute³ (results published in 2008 in the *Agronomy Journal*)⁴ found that traditional organic farming techniques of planting a variety of plants to ward off pests is more profitable than monocropping. The organic systems resulted in higher profits than "continuous corn, no-till corn and soybeans, and intensively managed alfalfa."

Not only that, but organic farming practices use natural, time-tested techniques that naturally prevents soil depletion and destruction, and doesn't use chemical fertilizers and other agricultural chemicals that pollute our soil, air, and waterways.

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