

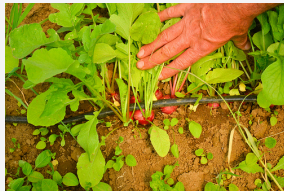
From: Good Food Farms <fujioka\_v@world12.net>  
Subject: Monthly Newsletter  
Date: June 10, 2013 5:54:17 PM PDT  
To: Virginia <fujioka\_v@world12.net>  
Reply-To: Good Food Farms <fujioka\_v@world12.net>

## Good Food Farms

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**We are growing a farm together !**



### What's in the bag

#### July

broccoli, cauliflower,  
brussel sprouts, red &  
green cabbage, collards,  
zucchini and  
cucumbers.

#### This Month

green cabbage, salad  
greens, radishes, garlic,  
chard, collards, and  
kale, cherries,  
strawberries, eggs and  
kombucha.

*Please bear in mind that we won't all be receiving all of this all of the time. Our chickens are currently producing about 60 eggs a month. Shahar is making the Kombucha, and can only do so much, so if anyone would like to make some to add to the distribution, please let him know.*

## Why Good Food Farms?



**Paul Harvey,** *"I am committed to Good Food Farms because I know that what's going on with chemicals in agriculture around the world is simply not sustainable.*

*We need to become food self sufficient, and we need to start now."*

**In the Seed House,  
Shahar, Henry &  
Virginia planting okra,  
zucchini, & cucumber,  
seeds. The plants are  
now in the ground.**



## The Good News at Good Food Farms!

Last week we received a big order from Johnny Seed Co. No, it's not all kale and collards! Tomatoes and cucumbers have already begun germinating. This is great. Buying seeds rather than nursery starts is advantageous in several ways. Nursery starts are more expensive. But more than

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## Collards & Farrel Stir-fry

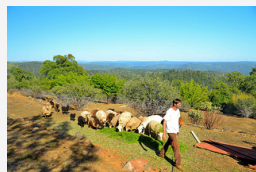
1. Soak 1 cup Farrel about an hour, pour off liquid and cook with 2 cups water. Set aside to cool.
2. Cut or chop 2 or more bunches Collards into small pieces, put in large pot, add just enough water to get it steaming. Stir occasionally and steam until cooked, adding a little water if needed. Set aside.
3. Chop fresh, turmeric root, ginger root and garlic - as much or little as you like. Put the chopped garlic into a cold pan, cover it with a little oil (I use Toasted Sesame) and turn on the burner. When the color changes a little, add the turmeric and if needed, a little more oil. When sizzling nicely add the ginger. After another minute or so, add salt and or soy sauce as desired. Add some Farrel, stir, add some collards, stir. Alternate adding and stirring in this manner until all is nicely mixed. Sprinkle toasted sesame seed on top.

*I took this to a pot-luck and everyone commented about how much they liked it. Of course your favorite rice can be substituted for*

that, starting our own seed gives us more choice about variety, quality and timing. These tomatoes are called indeterminate, which means we can harvest from the plants for as much as 10 months, depending on how wet the weather gets in the winter.

We have almost 4 fully planted gardens. Earlier we saw lots of snails. Now we have aphids. We're not using pesticides to control these things, so of course we've had some losses. We're using organic soil amendments such as composted manure, which we're getting for free from a neighbor in Dobbins. Other biological controls such as ladybugs take time to establish. When the soil is in a healthy condition, we won't have these challenges, and we will attract beneficial insects, birds and butterflies.

In addition to your much valued monthly contributions, we welcome any practical ideas you may have for improving Good Food Farms as well as for raising more funds. Please consider joining us for one of our ongoing Steering Group meetings.



**Sheep coming home after a walk in the woods, 15 females, 1 buck and 15 lambs.**

### Come tour the gardens.

*Saturday June 15th at 4:00pm starting at the Greenhouse on Rices Crossing Rd.*

Shahar would like to show you what is growing and where. Meanwhile he can let you know what's in the pipeline and you can ask questions and offer suggestions. After all, this is your food! The gardens we're cultivating and producing in besides the greenhouse, belong to Geraldine, Ron, Yael, Gideon, Michelle, Allen and Aurelia.

### Opportunities To Contribute

***Join us for an hour or so in one of our many gardens around town. We're working on irrigation, planting, pruning, mulching, fence repairing, sheep sheering, and a few other things. Please call Shahar to find out***

*the Farrel. Enjoy!*

If you have a recipe for anything you've received from Good Food Farms that you'd like to share, please send it to us and we'll post it in the newsletter.

***where he'll be when you think you can join in. He can be reached at 692-9275. We could also use some donations or loans of power tools, garden equipment, water timers and regulators, wood ash, and research time.***

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For more photos [click here](#).

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Good Food Faarms  
PO Box 1023  
Oregon House, Ca 95962

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