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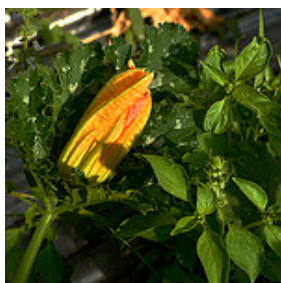
# Good Food Farms Co-Op October 2013

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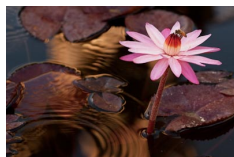
## We are growing a Co-Operative farm !

### What's In The Bag !



There has been a lot of conversation, both inside and outside of meetings, about subscribers being able to make choices for what they receive, rather than getting what has been chosen for us. We are working on how to best go about doing that. In fact, the whole weekly delivery scheme is in transition. Please bear with us. And if anyone has any ideas for going about this, please do contact Shahar. He would love to hear from you. Meanwhile, the winter starts are growing and we are still harvesting the summer veggies for distribution.

### Lamb Meat



### WHY GOOD FOOD FARMS

**Lorraine Lancaster**, *"Enjoy looking through the bag of goodies on Friday after work, and then using them during the week! I appreciate having healthy food available locally, and look forward to the developing co-op."*



Our big sign on Rices Crossing Road has served us well, but now it's time for a new one that reads **A New Co-Op in North Yuba !**

### News from the Farms

Today we harvested our first winter crop and it was duly distributed to monthly subscribers - arugula - enjoy!



This coming Monday, the 21st we will have our 2nd lamb meat harvest, including one of ours and one of Stephan Blacks' which he is donating to us. Thank you Stephan. Many orders have been placed already, but there is still some opportunity to purchase meat from this slaughter. Call Aya at 692-9275 or Gianni at 692-1562. And if your order cannot be filled this time, we will surely do it once or twice again before year's end, so be sure to let us know now if you want to purchase some lamb meat for the holidays.



**Co-Op Members**, please be sure your subscription payment is received no later than the 5th of each month. This greatly simplifies our work and allows us to be able to spend our time well, rather than making lots of reminder calls. This is our operating money. Make your check out to: *Good Food Farms*. 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 call Aya 692-9275.

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The newest garden plot is at Alan Green's house, recently planted. Unfortunately it has already been raided by gophers. Shahar is asking if anyone knows how or where to get some gopher snakes to keep the gophers under control. It would be good to have one or two in each place we farm. If anyone would like to do a bit of research for him in that regard, please let him know if you can help out with that. This is a method very much in line with bio-dynamic and organic farming. Use nature to control nature.

Our herd of sheep have been moved twice recently. They were at Michele Parks orchard but they kept escaping and roaming around on neighboring properties. They are now in the Harris' coral which seems to be well fenced. So far so good.

### Interesting Links

- \* [26 food films](#) you have to watch, according to *Grist*. Don't worry, they're mostly under six minutes each, *but* they're very informative.
- \* Anyone who thinks they don't consume much sugar, might want to have a look at [this](#) from *Mother Jones* !
- \* One full length documentary, *Seeds of Death* about the misuse of GMO's can be [viewed here](#). Says one member, "a few reminders on why to invest in Good Food Farms."
- \* Best of all, more [photos](#) of Good Food Farms!

### Tips & Tricks

**To ripen tomatoes:** Put them in a brown paper bag with an apple. Never store tomatoes in the fridge; they lose flavor and become grainy. The culprit is an acid in tomatoes (linoleic acid) that turns to a compound (Z-3 hexenel) which gives tomatoes their taste. Cold hinders the process that the acid uses to turn into the compound. More cold = less transformation of linoleic acid to Z-3 = less tomatoey taste and smell.

### Recycling

With each delivery, Shahar picks up all glass, plastic, metal, and cardboard. This is a **free service** provided to Co-Op members who also buy the monthly subscription of weekly deliveries.

For those who do subscribe to weekly deliveries, please also leave out for pickup last weeks packaging (strawberry / food baskets, ziplocks, etc). The more we reuse, the less we spend.