

# Pinehold Gardens *Field Notes*

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## A Day In This Life

While the weather is not following a spring schedule, we have kept to our greenhouse seeding schedule. We just need the ground to dry out a bit so we can transplant our 7,000 onion and shallot plants, the first crops to go into the ground.

We have been kept busy also doing workplace lunch and learn CSA presentations.

## Membership Update

We are currently at 66 returning and 31 new members, right on pace to hopefully hit our goal of 90 returning and 60 new members. Remember we

offer \$100 off a membership through our Assitane Fund and payment can be made with post-dated checks.

## Flour & Meat CSAs

Information about the heritage flour CSA through Anarchy Acres and the meat CSA through Morning Star Farming Farm is available on our website. Sign up for flour is through us, but the sign up or meat is through Morning Star Farm whose website will be updated with a sign-up form early this week.



From summer to winter and to spring: that's the journey flats of leeks were taking as Sandy moved a few steps from the very warm germination chamber, through the snow to the cozy greenhouse.

## A Life on this Farm

*This year Patricia Heim will be starting her 12th year as a worker share at Pinehold. She told Sandy once that becoming a worker share was the best thing she ever did. Here is what Pat says about her time at Pinehold.*

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My parents had a vegetable garden, but as a child I would not eat anything other than corn.

Fast forward: I became a young single mother of two without much money. My children and I ate a lot of processed food, including the classics hot dogs, mac and cheese and frozen pizza. I was busy but I did like to cook, and I tried to carry on my childhood tradition of a big Sunday family dinner.

My interest in cooking led me to farmer's markets. I met Sandy at the Bay View market and she told me about the worker share option. Becoming a worker share was a turning point in my food life.

Today I absolutely love vegetables. My favorites are kale, beets and rutabagas. There are still a few that I'm



Pat and Sandy

not a fan of, such as fennel, turnips and parsnips, but I know how to cook them in a way that I can appreciate them. This food life change is remarkable for the kid who would only eat corn.

A second significant change would be my aversion for wasting food. By harvesting, cleaning, sorting and packing vegetables over the years I've come to understand the true value of food. I also plan ahead and freeze or can anything I can't use within the week. I'm still eating some of last season's frozen vegetables.

My experiences as a worker share taught me many of the techniques

needed to grow and harvest my own vegetables. Now because of the CSA and my garden I rarely purchase any produce during the growing season.

An eye-opening benefit of the worker share has been a deeper understanding of weather and climate. Over the years, I've seen droughts, floods, extreme heat and cold, and epic clouds of mosquitoes. Today I recognize how these events affect the livelihood of farmers.

There has been an assortment of other benefits specific to the worker share. I firmly believe the physical activity helps with aging. And the conversations we have in the field about movies, books, science and the environment, philosophy and life in general builds community and understanding. On a personal level, the most important benefit has been the great friends and confidants I have found in Sandy and Dave.

I encourage you to try all of the vegetables, freeze what you can't use and visit the farm. I sincerely hope you too will enjoy some unexpected benefits from your membership.