

News...Fresh from the Farm

Winter/Spring 2008

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Sign up now for a 2008 One Step at a Time Gardens Farm Membership!

*Complete member form is posted at
www.ostgardens.com*

Local food is hot!

Locavore named 2007 word of the year
The New Oxford American Dictionary chose *locavore*, a person who seeks out locally produced food, as its word of the year for 2007. The local foods movement is gaining momentum as people discover that the best-tasting and most sustainable choices are foods that are fresh, seasonal, and grown close to home.

Source: Union of Concerned Scientists FEED –
Food & Environment Electronic Digest -
December 2007

That's a lot of vegetables!

Here are a few of the fascinating harvest totals from our 2007 season:

3,5000 lb.s - winter squash
over 750 lb.s - sweet potatoes
3,460 lb.s - tomatoes
647 lb.s - radishes
1,000 lb.s - broccoli
1,550 lb.s - cabbage
1,000 lb.s - beets
over 820 lb. - kohlrabi
450 lb.s - green peppers

❖ New for the 2008 Season at OSTG ❖

Season length adjustment – Look for the same great quantity and quality of vegetables in 2008! Our Farm Shares will run from first week of June through the end of September, for a total of 18 weekly deliveries. Our planning provides the same quantity as was delivered in 2007 over 20 weeks. This doesn't mean you will get inundated with produce. The last several deliveries include quite a bit of storage crops that members can build up without worry of spoilage. We will condense the last couple of deliveries to more efficiently deliver you the great fall crops, yet save both you and the farm some travel.



Revised Fruit share – one fruit option providing strawberries, raspberries and apples. Sign up now and be sure to increase your fruit consumption this season!



New Kit – We are adding a **Salsa Kit** to our line up of Kits. Check out our member form for complete listing of Kit options.



Early Bird Discount – Be sure to sign up by April 1 and take advantage of our Early Bird Discount of \$15!



All organic feed for our chickens – After a trial in 2007, we have decided to switch the feed for our chickens completely over to organic. This will involve the purchase of a trailer and wagon to haul and store the grain which comes from Blue Stem Enterprises, Inc in Webster City. We'll keep you posted as this new system comes together.

13 Years and Growing

2008 will be our 13th season of raising delicious, high quality vegetables. We are committed to continuing to improve our systems for the benefit of our members, our crew and the farm. As we head into 2008, we are looking at some new equipment to improve our harvest and soil management. Join us this season to follow these developments and reap the benefits of a farm committed to quality and community!