

A Spring in our Step – April 6, 2009

Springtime News from

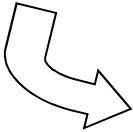
One Step at a Time Gardens

www.ostgardens.com

Out and About on the Farm

The word around the farm is “prepare”! While we’ve been preparing for this upcoming season throughout the winter to varying degrees, as the soil dries up and warms up, we get closer to planting and the preparation turns up a notch. We’ve been at a number of tasks – seeding clover for our chicken fields, clearing sticks that have blown into fields during the winter, picking up posts that need to get moved to different fields, adding more shelf space to the greenhouse and just last Friday, the barn just received a thorough cleaning out and preparation for our first chicks. The first batch of baby chicks is due to arrive April 15! The weather suggests we’ll put pea planting off a little bit yet, but we are so tempted. Peas in cold, wet ground (A snowstorm is predicted for this weekend’s, followed by cool temperatures next week)...not a good way to start this favorite crop. Cold and wet is a great environment for seeds to rot. We’ll be patient and ready for the next warm window.

One of the first items to sprout on the farm is the garlic and it looks fabulous!



Cooking up Great Taste

Eat Real, Eat Good! www.EatRealGood.com

Here’s a website with a great selection of ideas and resources especially targeted at farm members. It boasts its free meal planning support tool. It offers options including vegan, vegetarian, gluten-free, and dairy-free. I just looked it over briefly, but it will be one worth revisiting repeatedly! Check it out and add it to your bookmarked sites!!

2009 Membership Update

There's been a flurry of memberships recently – another indicator of Spring!

If you haven't signed up - why not? If you have – thank you! If you want to spread the word, here are some pointers to consider using:

Going “green” includes making healthy choices about what's on your plate!

Here is a list of great reasons you and your friends and colleagues should be part of the farm this summer:

- **Flavor** – there's just nothing to compare with produce harvested at peak maturity within a day or two of its arrival on your plate!
- **Whole Health** – high quality farming brings great nutrition to your plate, but the health benefits are broader yet. Eating local puts your whole body system in touch with the rhythms of the land that you live near. Psychologically, the connection to others who care as deeply as you do about similar values has regenerative powers as important as the nutrition of the food.
- **Security** – what other food can you purchase that you know exactly where it was produced and have direct and immediate access to specific details about just what was and what was NOT used on it?
- **A key element in a new economy** – the indicators say we may have “hit bottom” in this sour economy, but should we expect to return to the same old economy we fell from? Many would say no – we hardly want to return to the excessive base of practices that led us into this economic tangle. Building our economy, at least in part, around local trade is a key element to prioritize as we not only “rise up from” the bottom, but take responsibility together to recreate an economy that can sustain us in numerous ways

News and Opportunities

Clear Lake's Green Expo Celebrates Earth Day

One Step at a Time Gardens will be participating in Clear Lake's Green Expo 2009 on Friday, April 24 at the famous Surf Ballroom and encourages our members to join in the fun! This expansion of the Earth Day festivities will create an event that cultivates networks of “green” producers and buyers in the region. Evening schedule includes:

Business After Hours: 5- 7 p.m. – *free food and cash bar* ♦ Silent auction: 5-8 p.m. ♦ Free Boundary Water Boys Family Concert: 7 – 9 p.m. ♦ Live owl appearance: 8 – 8:15 p.m.

Mark your calendars now for the Summer Farm Field Day!

Saturday, July 25, 4 – 8 p.m. **All Abuzz About Habitat** - From pollinators to soil protection to wind breaks to aesthetics, diversity on the landscape renders many benefits to the sustainable farm.

See examples and learn about programs and possibilities for incorporating diverse habitat on your farm. Activities and information will include: tour of One Step at a Time Gardens along with presentations by local County Conservation Board, local Natural Resources Conservation Service (NRCS), and PFI's Sarah Carlson. Sarah will emphasize current and emerging opportunities with the EQIP program of the 2008 Farm Bill. Plan a visit to the farm in your summer!

Potluck supper to follow tour and talks. Our neighbors' band, The Shifting Gears – will be on hand to entertain during supper. Bring dish to share and your own eating ware. Beverages will be provided.

Next edition of *A Spring in our Step*: April 20, 2009
(back issues of “A Spring in Our Step” are available at our website –www.ostgardens.com)