

Saugeen River CSA Newsletter

October 2013

Hi everyone,

Sorry it has been so long since the last newsletter. It seems the farm and the kids and the extra teaching I have been doing this year makes it a challenge to keep up. The CSA harvests are wrapping up, and I just wanted to make sure to have an end of season summary.

First, though, I wanted to remind anyone who is interested in a winter share, please let me know. Again, there are large shares (for \$350) and small shares (for \$200) available. Payment is due before the end of December.

Also, if you are interested in a share for next year, you can give me a cheque post-dated for January 1, 2014. You can pay the full amount, half, or at least a \$100 first payment to reserve your spot. The share prices will remain the same: \$350 for a small, \$565 for a medium, and \$830 for a large. Having an initial payment right at the beginning of January helps me pay for the seeds that I am ordering at that time. Be sure to let me know that you want a share, since there are about 20 people on a waiting list for next year, and if the CSA is not full by the end of January, I will call the people on the list and it will be first come, first served until the CSA is full.

I want to extend a big THANK YOU to Greg and Gill for their incredibly hard work this year. They are leaving in the next couple of weeks. I also want to say "Thank You" to Marc Fortin as a representative of the Edge Hill School, for loaning us the frame for the canopy cover during our CSA distribution at Chicory Common. I didn't want to purchase a tent that size for this experiment, so it was great to have been able to borrow something.

The fall harvest is coming along well, and should be finished on schedule. The crops generally look really good. The beets and radishes are huge and still tasty. The leeks sized up nice this year as well. The big disappointment is our carrots. We have the worst infestation of the Carrot Fly Larvae that we have ever had. I'm sure you have all noticed the damaged spots on the



carrots. This doesn't affect their flavour, but it does affect how well they store. As we are topping them, we are separating them into those that are damaged from those that are not. The good ones we are holding on to for the winter shares (maybe a reason to join for the winter!) since they need to keep through March. I'm really not sure why it is so bad this year. My only guess is that the section they were in had a bit less organic matter in the soil. The organic matter would have provided habitation for the beneficial nematodes that usually keep the larvae in check.

My son Stefano's class has been coming to help with the harvest. They harvested the entire beet and rutabaga crops. Part of the Waldorf School's curriculum is that in grade three, the kids have a farming block, and help out and learn about farming activities. We have also had the Kindergarten class come a few times to experience life on the farm. The grade 7 class came as well to learn about the importance of food in relation to their physiology block. We are looking at ways to create more opportunities for children to come and experience the farm.

Another event we had on the farm in early October was a presentation about seasonal miasms. This comes out of the homeopathic tradition and relates to how our physical, emotional and mental health is affected by the seasons. We combined this with the seasonal activity of making the Biodynamic Horn Manure preparation. This we were able to do in the newly finished gazebo in the centre of the garden. This was the first year we've done this as a community activity, and it was great to share it with others.



As the garden wraps up, and there aren't as many hours of light, I will have time to get another newsletter out before the end of the year.

Thanks,

Cory