



Stewarding the Land for Future Generations
Local, Sustainable, Organic

Community Supported Agriculture Newsletter

July 27th, 2006- Week 8

2006 Produce to Senior Program Begins this Week

This week marks the first delivery of our Produce to Seniors Program. Last year, SSC and ACCESS launched the program to supplement ACCESS's Senior Brown Bag program. ACCESS (Aging Community Coordinated Enterprises and Supportive Services) has served Jackson County for 29 years in the areas of nutrition, housing and energy assistance. Their target population is people living on fixed incomes, primarily senior citizens and the disabled. ACCESS programs fed 20,000 individuals last year and reached one in four people in Jackson County. Brown Bag staff and volunteers collect post-dated food and distribute it to people who are in need. It is one of twenty-five nutrition-based programs run by ACCESS.

Phillip Yates is the Nutrition Programs Manager, and has worked closely with Tom Powell of SSC to determine the types and quantities of produce needed each week. SSC will be providing ACCESS with staple foods, like potatoes, carrots, tomatoes, and onions this season. Each week, in addition to harvesting fruits and vegetables for CSA members, SSC farmers have begun harvesting bulk quantities for ACCESS. Tom will drop off the bulk produce to the Medford ACCESS office after CSA deliveries, where it will then be distributed over the next few days. Yates reports that the partnership between ACCESS and SSC has been a huge success. This week, \$700 worth of produce will go to feed a total of 150 households in Jackson County. Roughly half will go to the Senior Brown Bag program. The other half will go to Emergency Food Pantries across the county that feed both families and seniors. Last year, Yates described to me the pleasure of seniors who were able to take home fresh produce along with cans and boxes of instant food.

During the 2003 and 2004 growing seasons, the Oregon Department of Agriculture funded a senior program for three CSAs in the state, including SSC. The structure of the program was fairly similar to Brown Bag- SSC farmers grew and harvested bulk quantities of staple vegetables and delivered them to several points in the Rogue Valley. The state paid SSC farmers directly for the produce. Unfortunately, the program was cut, and since 2005, we have depended on grants and individual donors to continue the program. We greatly appreciate those of you who contributed to the 2006 Produce to Senior Program, and encourage any of you who feel compelled to make a donation. Checks should be made out to ACCESS and sent to SSC 7000 Little Applegate Jacksonville OR 97530. Thanks!

Announcements

Please join us this Saturday for our second Farm Day of the season at Wolf Gulch Farm from 10-2 pm. Please bring a potluck dish, a plate and utensils and a bathing suit to swim in the pond.

Directions: From Ruch, turn onto Upper Applegate Road - look for Ramsey Realty on the corner of Upper Applegate and 238. It will be a left hand turn if coming from Jacksonville on 238, a right hand turn if coming from Grants Pass on 238.) Drive about three miles on Upper Applegate until you reach Little Applegate Road. Make a left hand turn onto Little Applegate and drive 8 miles to Wolf Gulch. Our address is 7000 Little Applegate. A few tips: there are addresses higher than ours BEFORE us, so look for the 8 mile marker and you will see the 7000 address. Our driveway is on the left hand side of the road and is about 1/2 mile long.

Ask the Farmers...

CSA member Pat Gordon asks “How are you able to provide such beautiful lettuce heads in the midst of such hot weather?”



Ryan Ginn, Quartz Gulch Farm

When buying lettuce seeds, we look for the varieties of lettuce that have been selected or bred for bolt resistance- meaning that they usually go to seed later than other varieties. We also plant our lettuce in the micro-climates on our farm that are cooler and wetter- typically on north slopes and in areas that receive more shade. During the heat of the summer, we are able to grow more lettuce mix, because we can cut lettuce leaves while they are young, rather than waiting for individual plants to make heads.

CSA Member Louis Pierotti asks “Why do fresh organic range fed chicken eggs have brighter yellow yolks than any other eggs on the market? Even the organic eggs we used to buy at the store don’t have such bright yellow yolks. Why?”

The bright color in an egg yolk comes from plant pigment. That’s why you will generally find the egg yolks brighter when chickens are allowed to graze on fresh pasture. Fresh pasture raised chickens also eat a lot of insects, which enriches the eggs nutritionally, but it is the beta carotene and xanthophyll in plant material that turns the yolks more yellow. Consumption of fresh yellow corn will also brighten egg yolks. When eggs are mass produced, they are usually not fresh pasture raised. The USDA requires free-range chickens to have access to open space, but does not stipulate that the open space include fresh pasture or even that the chickens spend any time in that open space. Store bought organic eggs may come from chickens that receive organic feed but are probably not raised on fresh pasture.



Tim Franklin, Yale Creek Ranch

CSA Member Corner

Peter and Cathy Poulsen married 27 years ago, have four children and eight grandchildren. They moved to Southern Oregon 20 years ago from Alabama. They have owned their own business, a Science Research company for over 25 years. They attend Coram Deo Church in Grants Pass.

Maud’s note: Thanks to the Poulsons for being our wonderful Grants Pass drop point hosts.

Neil Sechan and Matt Messner moved to Ashland ten years ago from San Francisco, where they had lived for 18 years. Matt was previously the administrator of pediatrics programs at the University of California San Francisco Medical Center, and Neil worked in the area of energy conservation programs. They live in an Arts and Crafts home with their two Welsh corgis, Hamlet and Rhiannon and their elderly spaniel Lucy. They have been involved in animal causes (Matt just finished a six year term on the board of the Southern Oregon Humane Society) and are active members of Temple Emek Shalom in Ashland. They currently spend about six months a year in Ashland and most of the remainder (the winter of course) in Puerto Vallarta, where they also have a home.