



## TOMATO-BRATION IS BACK AGAIN!

*From the  
Editor's Desk*



### A SPECTACULAR TOMATO SALE & LECTURE

**SATURDAY, APRIL 5  
10:00 AM**

Stock up on rare, heirloom tomatoes  
and get the scoop on up-to-date tomato  
growing tips from esteemed tomato grower  
**Barbara Spencer**  
owner of Windrose Farms, Paso Robles

Just in time for Spring, your Education Department here at OVF is going green. First on our list: phasing out the printed newsletter to save resources.

It's not a secret that many newsletters end up as pill bug shelter inside cobwebbed mailboxes, and that's not good for the earth or OVF's coffers. But we still want to provide you with the information, resources and fun of a quarterly newsletter.

Here's how the new distribution will work:

**ELECTRONIC**—New newsletters will be posted to the OVF Web site in PDF format. We'll send out a community-wide e-mail to let you know when it's ready.

**HARD COPY**—We recognize that not everyone has regular internet access and that some people don't enjoy getting their news at the computer. We will be printing a limited quantity of each newsletter and leaving them in a special new box near the bulletin board. When a new newsletter is ready, we'll post signs alerting you to check. Help yourself to a hard copy.

I welcome your feedback on the new system, as well as any ideas you have for the newsletter or the "greening" of the Education Department on an ongoing basis. We have a need for someone to help us build and maintain a current member e-mail list (yes, there is an existing list that will be a good starting point...), and some work hours can be credited for the job. Please contact me if you're interested.

In other Education news, early spring saw many young children coming through the garden. In January we hosted a large group of four-year-olds for a successful field trip. It was a beautiful day, and one highlight for the children was talking to the gardeners who were out working their plots (or, as the wide-eyed children referred to them, the "real farmers"). They also went on a hunt for common fruits and vegetables, picked carrots, planted take-home bean plants, ate lunch and enjoyed a garden-themed story. It was a wonderful trip, and many more classes have expressed interest in such an activity.

In February we hosted the first OVF Children's

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### Saturday, April 12 - Election Day

Workday 9:00 • Potluck 12:00 • General Meeting 1:00

#### Election Slate

Chair	Frank Harris
Treasurer	Victor Deutsch
Recording Secretary	Rena Sonshine
Education Chair	Jessica Emerson-Fleming
Middle Phase 1 Rep.	Nora Dvosin
Lower Phase 1 Rep.	Joan Klotz
Lower Phase 2 Rep.	Janet Williams
Lower Phase 3 Rep.	Wendy Scott
Lower Phase 4 Rep.	Christy Wilhelmi

If you're interested in a position, put a note in Frank Harris' box or simply show up at the meeting.

# GardenMaster's Report

**EXPANSION** If you only have one plot and would like to expand to two plots, the rules are as follows: You must be a member in good standing for one year. Talk to or leave a note for your Phase Rep indicating you would like another plot. It is best to put it in writing. You can also leave a note with a Phase Rep in a different phase, if you'd like. Keep your plot well-groomed as Phase Reps use this as a guide to judge whether you can handle two plots. Existing members get priority over those on the waiting list.

**PIPE NEEDED** We need old salvage pipe for rebuilding retaining walls at OVF. Look around your plots to see if you have any pipe in the ground or lying on the plot that we could use. Take it to the Lumber Cage and put it under the cage. I will pick it up and store it for future use. If you know of someone outside of OVF that has some salvage pipe, please bring it to us.

**CLEANING OUT THE GARAGE** Please check with me before you bring items to OVF so I can determine if we have a use for it. I appreciate the thought, but some large items have been showing up on the property that we cannot use, and they take up our limited storage space.

**FOUL BALLS** Do not park your car near the backstop during ball games as you may have your window broken by a baseball. Little League has no insurance for this and if you have a deductible on your insurance policy you may be looking at a \$500 bill to get your window fixed. A Cadillac windshield was broken not long ago. I recommend parking in the PH4 north field and walking back to the garden. I myself had my rear window broken one day while parked by the OVF fence.

**DEPOSITING WEEDS—** When bringing your weed material to the shredding storage area look around if you are not sure where they go. Do not put green material on the left on top of the woody branches such as rose cuttings, etc. The weeds get all tangled up in the branches and have to be pulled apart (this is a very time consuming job causing many four-letter words to be uttered). **PUT YOUR WEEDS ON THE RIGHT SIDE WHERE THE OTHER WEEDS ARE!** Always separate your nut grass and false garlic and put them in the green barrels in the vicinity.

**KEYS—** A reminder that if you need an extra water key or gate key (or if you've lost yours), replacements are available in the office for a dollar. Our gate keys are made from Master keys and guaranteed to work or we will replace it at no charge.

**WATER LEAKS—** Report all water leaks using the plumbing repair order in the wheelbarrow shed. Be specific and get the Hose I.D. location off of the hose post.



## Organic Gardening 101

*Saturday*  
*April 19*  
9:00 - 12:00

*Meet under the big pine tree*

In this three-hour mini-class, taught by OVF master gardener Nina Rumely, we will focus on the basics of organic gardening to get you off on the right foot here at OVF. Topics to be covered include:

- Soil preparation
- Organizing your plot space
- Seeds and transplants
- Organic methods of pest control and feeding
- What to grow in L.A.'s two-season climate
- On-going care and harvesting

Don't miss this popular class, especially if you're a new member at OVF or new to

**NEW SIGNS ON THE GATES—** We are in the process of installing new signs designed by garden member Susan Dworski. There will be two new signs. A "NO TRESPASSING" sign and a "LOCK THE GATE" sign. Please adhere to the signs as the security of our members is vitally important.

**SPRING PLANTING** You should be thinking about amending your soil with lots of manure and compost. Now is a good time to plant your seeds in plastic pots so they will be big enough to go into the ground soon. Many seeds can be direct-planted in the soil if you wish. For more information, don't miss our Organic Gardening 101 seminar on April 19th.

**A REMINDER TO GATE CLOSERS** When you sign up for gate closing you are committing to a very important job. You must be on time to close the gates. If you do not show up and the gates are left open all night, you will not get credit for it. More troubling, you leave the whole property open to vandalism which is very expensive to repair for OVF and Little League. If you are unable to get to the garden you must call Elizabeth at 310-216-0033 so she can try to replace you.

— Ed Mosman, Gardenmaster

# AN OPEN LETTER TO THE OVF COMMUNITY ON THE GOURMET COMPOST PROJECT

by Warren Miyashiro, Ph 1, 13-15

November of 2007 marked the fifth year since we started OVF's Gourmet Compost Project. Bob Lloyd and I started this project with Jean and Tak Tsunemoto, and later Toichi Yamada joined us. Tak had to leave the project, and we've had others help on and off, but recently we've added two more to our core group: Mark Jackson and Fritz Pillar. These two young men have made our work much lighter.

All the people who work with us have already earned enough community hours, but they come anyway—on a weekly basis on Tuesday mornings at 7 :00 a.m. If for some reason they can't make it, they call me ahead of time. I never asked them to do this, that's just how loyal and dedicated they are to the project. I am so impressed with these people that I feel the community should know about them and acknowledge their service.

We produce 7,500 pounds of gourmet compost weekly, which is 39,000 pounds—or 20 tons—a year, and the community uses every bit of it!

I would welcome feedback from the community about our compost project. Together we are growing in love and serving the community and each other.



## Spring Pea Soup

Here's a quick pea soup recipe to make the most of your spring veggies and get dinner on the table quickly.

**Bonus:** it's vegetarian, which most pea soup recipes are not. Happy eating!

- 10-1/2 oz. fresh, shelled peas
  - Two cans or one box of organic vegetable broth
  - teaspoon sea salt
  - teaspoon fresh dill—snipped
- Optional garnishes: homemade croutons, snipped chives, Greek-style yogurt



Simmer the peas and the broth together for fifteen minutes, or until the peas are tender. Add the salt and dill. Whirl the soup in a food processor or blender until smooth. Reheat, but do not boil. Serve with homemade croutons, snipped chives and Green yogurt as garnish, if you'd like. Wonderful with fresh-from-the-oven bread and a tossed salad!



OVF President Frank Harris performs ribbon cutting honors at the dedication of our new cistern on March 12, 2008. A very special thank you to Organic Gardening Magazine and Aveeno for their donation and installation of the cistern.

## MEDICINE FROM YOUR GARDEN

By Gholam Fatemi, Ph II, F39 & 41, Ph III, S16-S18B

Here's a list of a few of the ways the vegetables, fruits and herbs you're growing in your garden can help nourish your body beyond their nutritional value. Check online for preparations. Never substitute this for medical advice or discontinue existing medical routines and always consult your doctor before beginning any new treatment.

**BROCCOLI** - You might not want to eat it once it's flowered, but those little yellow flowers can help with impotence, pain relief, high blood pressure and to strengthen the immune system.

**GARLIC** - Lowers blood pressure.

**ONIONS** - Natural antihistamines, and they help protect the blood vessels in the eyes.

**SUNFLOWER AND PUMPKIN SEEDS** - Good for the prostate, eyes, nails, skin and hair.

**SOYBEANS AND GRAPES** - Protect the blood vessels in the eyes.

**CARROTS, SPINACH AND TOMATOES** - Prevent macular degeneration.

**RHUBARB** - Stops upper digestive tract bleeding.

**CAYENNE** - Protects the stomach lining and reduces the pain of arthritis.

**SPINACH, MUSTARD, COLLARDS AND DRY BEANS** - Good for arthritis.

**PICKLED CUCUMBERS** - Cure muscle cramps.

**CITRUS SKIN** - Strengthens capillaries.

**HORSETAIL** - Good for bones.

**NETTLE ROOT** - Good for enlarged prostate. (So that's what to do with all that nettle when you weed your path!)



**West Nile Virus Alert!!! Dump all standing water. Empty all pots, buckets, and ponds (without mosquito fish). Mosquito season is upon us. Big time.**

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In February we hosted the first OVF Children's Story Hour, and though we were nearly rained out, a few intrepid souls came to hear *Little Yellow Pear Tomatoes* by Demian Elaine Yumei and Nicole Tamarin and *Come on Rain* by Karen Hesse and Jon J. Muth. We had healthy snacks and got to examine yellow pear tomato seeds. Now that we're out of the rainy season, we're looking forward to putting another story hour on the calendar and hope for a bigger turnout.

Spring will bring two perennial OVF favorites: Organic Gardening 101 and our annual Tomatobration. Please see the pages of this newsletter for more information, and join your fellow gardeners for one or both events (new members should especially check out Organic Gardening 101).

One of our members had a wonderful idea for a new tomato event: as a follow-up to Tomatobration, we're planning a tomato harvest and tasting event over the summer. Anyone who would like to help organize and host that event should contact me.

Finally, keep your eyes open for changes in the Children's Garden. Under the tutelage of Judith Morris and Brenda Gottfried, who are taking it over from Maurice Vickers, the garden will become even more beautiful and child-friendly.

As always, your feedback and ideas are most welcome. Please feel free to reach me at emerson.fleming@gmail.com or 310-415-9468.

Warmly,

*Jessica Emerson-Fleming*



## Know Your Rules & Regulations

**Associate Members:** Friends or relatives living at a different address *must* become associate members in order to work the plot. The purpose of the associate status is to provide a remedy to garden members who need help with maintaining their plots and/or completing community work. Associate Member status may be established for persons who: 1) are a friends or family members and are actively assisting the member with their plot(s); and 2) pay an associate membership fee for Metro Farms Insurance. Associates *must* complete an Associate Assignment and Waiver form. The garden member assumes responsibility for all actions of the associate and monitors the associate's activities for compliance with OVF By-Laws and Rules and Regulations. Citations will be issued to the member for violations by an associate. If the member wishes to terminate the associate, it is the member's sole responsibility to take such action. If a member is terminated, the associate is terminated at the same time. A member may not have more than one (1) associate and that associate may not also be a garden member.

Garden members must actively participate with the associate in maintaining the member's plot(s). Under no conditions may a garden member relinquish a plot to an associate for their sole use. If the member is unable to garden due to illness, incapacity, work schedule, etc., the Board of Directors must be informed and approve any absence.

For information on converting from an associate to a member, further check the rules and regulations, available at [www.oceanviewfarms.net](http://www.oceanviewfarms.net).

## WORKDAY SCHEDULE

### APRIL

**5 Sat** 10  
Tomatobration Sale/Lecture

**12 Sat**  
Election day! Time to vote!  
9-12 Work  
12 Potluck  
1 Gen. Mtg.

**19 Sat** 9-12  
Organic Gardening 101

**26 Sun** 1-4 Work

### MAY

**10 Sat** 9-12 Work

**17 Sat** 9:30 Board Mtg

**25 Sun** 1-4 Work

### JUNE

**14 Sat** 9-12 Work

12 Potluck

1 Gen. Mtg.

**29 Sat** 9:30 Board Mtg.

**29 Sun** 1-4 Work

For the entire year's schedule of workdays and other events, visit our website calendar: [www/oceanviewfarms.net](http://www/oceanviewfarms.net).

## WANTED

### TIKMEKEEPER

We need a timekeeper for Saturday, April 12 from 9 a.m. to noon. You will receive three hours credit for that workday. If interested, please leave a note in the Gardenmaster's mail slot.

### EMAIL COLLECTOR

We need to update the community-wide e-mail list to make it easier to contact the entire membership at once. You will receive work credit for this for this job. Contact the Education Chair, Jessica Emerson-Fleming, at [emerson.fleming@gmail.com](mailto:emerson.fleming@gmail.com) for more information.

