

OVF GOES TO THE SHOW

The California Landscape Contractors' Association held their 2008 Landscape Industry Show in February at the Los Angeles Convention Center. In attendance from Ocean View Farms were Garden Master Ed Mosman, and Garden Members Bob Gallion (Ph. I, B-3 & B-5) and Jack Schoenwetter (Ph. I, F-14).

Billed as the largest green industry show in the west, with more than 350 exhibitors, the convention featured items ranging from new gardening tools to large, high-powered mulching and cutting equipment.

"We looked and powered up some of the machinery, but didn't buy any---at this time!" Ed said.



TOMATOBRATION II

HARVEST FEST CELEBRATION

SUNDAY, AUGUST 24

11:00 AM - 1:00 PM

Bring your OVF-grown tomatoes
for tasting and sharing.

Vote for your favorite varieties.

Bring tomato recipes to exchange.

Share your tomato dishes
in a relaxed potluck.

To participate or for more information, Email:

From the Editor's Desk

I've often entertained visitors to Los Angeles who say something along these lines:

Gee, L.A. is great. You must love living so close to all that activity. But, being from the smaller town of Blankety-Blank, I don't see how anyone could live in this kind of megalopolis. I mean, there's just no community.

I beg to differ. In fact, I think there is more community in L.A. than in many mid-size cities. In my neighborhood I run into friends on the sidewalks, at the markets, at the parks, in their cars and at the dry cleaners every day. These are people I know, my kids know their kids and, more often than not, they've been to my house. I have my college-friends community, my husband's law school friends community, the community of young families from my children's school, people I sit on committees with all over town, my writer's group, the list goes on and on. And as I become part of more of these communities, L.A. becomes a smaller and smaller place.

Of course, one of my favorite communities is the diverse and warm bunch of people that garden OVF. Each visit to OVF nets friendly smiles, offers of fruit and vegetables and helpful tips. But too often the smiles, bounty and advice are coming from near strangers. There are plenty of people at the garden who know each other—many who've formed lasting relationships that are many years strong—but there also plenty who stand to gain more from our community. I'm not talking about making bosom friends or spending all your time under the pine tree. Just showing up for your first meeting or potluck, attending one of our many wonderful annual events, or stopping to introduce yourself to the fellow gardener you pass on the way to the wheelbarrow shed. Heck, get your name out there by submitting something to the newsletter for publication—I'm always looking for contributions from the community.

Speaking of the newsletter, as you probably already know, this is the first newsletter being published in our new, greener format. Most OVF members will be receiving this on their computers instead of fetching damp and crumpled copies out of their garden mailboxes. The benefit (other than a beautiful, full-color newsletter) is obvious: OVF is saving money and natural resources by decreasing our printed output. Of course, we realize that not everyone is online and that some people just prefer to read a printed copy. We'll provide a stack of printed copies in the shed, on the desk adjacent to the office. A notice on the bulletin board will alert you to our quarterly publica-

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GardenMaster's Report

LIBRARY OVF has a reference library, located in the shed next to the office. It is not a lending library, so we ask that you use the books in the shed, or sit and read them under the pine tree, and return them the same day. The books have been donated over the years by garden members and were previously kept in the office in the Big Shed. They are now located on a shelf next to the office. There is a small step stool under the workbench so you can reach them.

NEWSLETTERS GOING GREEN The color newsletter is now available on www.oceanviewfarms.org. For those of you who do not have internet access, b/w paper copies will be available on the exchange table in the middle of the Big Shed. Paper copies will no longer be delivered to your mailbox.



PLANTING GUIDE A Burpee's planting guide for the Southern California zone has been posted on the Bulletin board above the blue recycle boxes for your information.

COMPOST Watch for the COMPOST READY sign at the bottom of the PH1 path for a fresh supply of black gold compost. It is available on a first come/first served basis. There is always a supply of shredded manure at the top the same path in the left manure bin.

ORCHARD FRUIT All members are welcome to take a share of the fruit in the common orchard. One share is 3 or 4 pieces of fruit. There is not enough for everyone to take a full bag. More than that will be considered stealing.

SUNSET The garden is closed and locked at sunset by the Gate Closer and all members are required to leave when told. Do not argue with the gate closer as you may be cited for doing so. No one should be in the garden after dark.

WEED SEPARATION The shredding crew thanks you for taking care to separate your woody material from the green weed material. Also, try to remember to remove your tools from the weeds. Last Tuesday a large butcher knife came through on the shredding screen.

— Ed Mosman, GardenMaster

Gardening in the News

As always, the late spring/early summer brings a flood of gardening-related articles in the mainstream media. Here are links to a few of note, including a fantastic local story from the *Los Angeles Times* about urban guerilla gardening. Happy reading!

Guerilla Gardener Movement Takes Root in the L.A. Area

By Joe Robinson

The Los Angeles Times, May 29, 2008

There is a burgeoning movement of green enthusiasts who plant without approval on land that's not theirs. In London, Berlin, Miami, San Francisco and Southern California, these free-range tillers are sowing a new kind of flower power. In nighttime planting parties or solo "seed bombing" runs, they aim to turn neglected public space and vacant lots into floral or food outposts. Part beautification, part eco-activism, part social outlet, the activity has been fueled by Internet gardening blogs and sites such as GuerrillaGardening.org, where before-and-after photos of the latest "troop digs" inspire 45,000 visitors a month to make derelict soil bloom.

<http://www.latimes.com/features/home/la-hm-guerrilla29-2008may29,0,2094982.story>

Urban Farmer's Crops go from Vacant Lot to Market

By Tracie McMillan

The New York Times, May 7, 2008

The urban agriculture movement has grown vigorously around the country. Hundreds of farmers are at work in Brooklyn, Detroit, Milwaukee, Oakland and other areas that have low-income residents, high rates of obesity and diabetes, limited sources of fresh produce and available, undeveloped land. Local officials and nonprofit groups have been providing land, training and financial encouragement. But the impetus, in almost every case, has come from the farmers, who often till when their day jobs are done, overcoming peculiarly urban obstacles.

http://www.nytimes.com/2008/05/07/dining/07urban.html?_r=1&ex=1210824000&en=9d6a23b0418d45a4&ei=5070&emc=eta1&oref=slogin

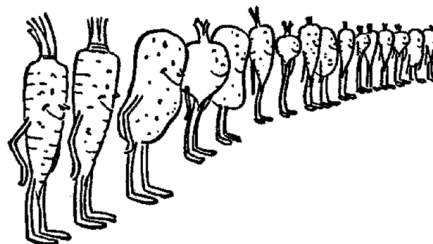
Finding the Best Way to Cook All Those Vegetables

By Tara Parker-Pope

The New York Times, May 20, 2008

A growing body of research shows that when it comes to vegetables, it's not only how much we eat, but how we prepare them, that influences the amount of phytochemicals, vitamins and other nutrients that enter our body.

<http://www.nytimes.com/2008/05/20/health/nutrition/20well.html?ex=1212033600&en=710581e9fb79aa40&ei=5070&emc=eta1>



Bumper Crop Corner

ZUCCHINI SQUARES

You will be popular at your next potluck with this recipe!

1 C Bisquick®	1/2 C grated parmesan cheese
4 - 5 medium zucchini, thinly sliced	1 clove garlic, chopped
1/2 C vegetable or olive oil	2 tbsp. fresh parsley
4 eggs, lightly beaten	1/2 tsp. oregano
1/2 C chopped onion	
Freshly ground black pepper, to taste	

Preheat oven to 350° degrees. In a mixing bowl, combine all ingredients and blend well. Spread mixture in a greased 13" x 9" baking pan. Bake for 30 minutes, until top is golden brown. Make sure mixture is set in the middle before removing from oven. Cool for 15 minutes; cut into small squares.

COCONUT-CURRY ZUCCHINI

3 tbsp. butter or margarine	1 C water
2 C cubed zucchini	1 cube chicken or vegetable bouillon, crushed
1/2 C minced onion	1 tsp. curry powder, or to taste
1 clove garlic, crushed	Salt
1/3 C raisins	1/4 C shredded coconut
2 tbsp. flour	

In a large skillet, melt 1 tbsp. of the butter and sauté the zucchini, onion and garlic over medium heat until just tender; remove to a warm dish. Stir raisins into the zucchini mixture. Melt remaining butter in skillet over medium heat; whisk in flour. When golden, slowly stir in water and bouillon and continue to stir as the sauce thickens. Add curry, salt to taste and the zucchini mixture and simmer for one minute. Place in a service dish and garnish with coconut. Wonderful over sticky rice. Serves six.

DID YOU KNOW?

The word "zucchini" comes from the Italian zucchini, which means a small squash (apparently they weren't growing the same varieties that can be seen reaching mammoth proportions around OVF!). The word "squash" is from the Native American skutasquash, which means "green thing eaten green." Courgette, the French word for zucchini, is often used for yellow summer squash as well.

Summer squash have a much shorter shelf life than winter squash, owing to their thin skin. Store them dry in a crisper drawer of the refrigerator. Moisture can lead to decay, so don't wash them until just before preparation.

Zucchini contains lutein and zeaxanthin, carotenoids that help prevent cataracts and macular degeneration (for more healthy garden eating tips, check out our Medicine From Your Garden column in this issue).

WHAT TO DO WITH IT?

If the summer squash in your garden gets too big, slice it and scoop out the seed flesh, leaving a large ring. You can grate these into bread recipes, or salt and pepper them, toss them on the grill with some extra virgin olive oil, and serve them with a balsamic

reduction.

IF ALL ELSE FAILS huge zucchini can be used in wonderful crafts and games for children. They can be painted and even carved. Set them up and use them as bowling pins. Or hold a zucchini smashing contest on an outdoor summer evening. Whatever you do, don't forget to compost your unused, smooshed, painted to simply too-big-to-eat zucchini—it'll help us all grow a bumper crop next year!



Medicine from Your Garden

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

Adding on to the tips in the last newsletter, here's a further list of some 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.

Cilantro Making cilantro a regular part of your diet can improve health, especially the health of children. It flushes out heavy metals—such as mercury—that can cause health and developmental problems.

Rosemary When a regular part of your diet, Rosemary can help to prevent the onset of Alzheimer's.

Ginger Use it to improve your sense of balance and to prevent dizziness and Vertigo. It's also wonderful to offset the symptoms of morning sickness in pregnant women.

Broccoli Glutathione, an antioxidant found in broccoli, is a major component to the lens of the eye. It can help prevent cataracts. Since cooking can destroy glutathione, it's best to eat some of your broccoli raw.

Fava beans Favas can improve the libido.

Bitter melon Bitter melon can help control blood sugar.

Weird but true The occasional inhalation of manure vapors can help stave off lung cancer, though too much in the lungs will certainly cause other lung distress. So don't worry too much about that smell as you're carting your wheelbarrows up the hill!

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A notice on the bulletin board will alert you to our quarterly publications.

As always, our spring Organic Gardening 101 class, led by master gardener Nina Rumely, was hugely informative. As a special addendum to the online version of this newsletter, we've included some of the handouts that Nina used for this year's workshop. Please peruse them for useful information on what to grow in L.A.'s two season climate, companion planting, plot organization and much more. See: www.oceanviewfarms.organicgardening.htm

Our Tomatobration II: Harvest event is on the books for Sunday, August 24. Don't miss this new OVF summer harvest fest, complete with tomato tastings and a potluck. Check out the ad in this newsletter, and watch for details.

We're pleased to have hosted two more field trips since the last newsletter, and have a spate scheduled for next fall (after-school resumes). Additionally, see the ad for our upcoming summer story time series, geared for children ages 2 – 6. We're holding these story hours on July 12 and August 17. Feel free to bring your wee children, grandchildren, nieces and nephews—but RSVP to me first so I know how many (healthy) snacks to buy.

Your feedback and ideas are most welcome at emerson.fleming@gmail.com or 310-415-9468. Thanks for being a part of one of my favorite communities.

Warmly,

Jessica Emerson-Fleming, Editor

Tetanus Alert

Did you know that the early immunity established from Tetanus vaccines wears off over time unless periodic booster shots are given? Many Americans over the age of 60 have no protection at all, because they didn't receive the original vaccine as children.

For those who've had the initial round of immunizations, you should get a booster shot for both Tetanus and Diphtheria every 10 years. This is especially important for people over 50, whose immunity is likely to have waned. There is also a primary set of shots for older children and adults who were never immunized.

Tetanus may be all-but-forgotten, but it's not gone. Since most physicians in practice today have never seen a case, unfamiliarity with the symptoms can cause a fatal delay in diagnosis.

Although the rusty nail is a classic example of a way to contract Tetanus, few people realize that a simple scratch from a thorn or an animal can transmit the disease. So can splinters, bug bites, burns, or stabs from unsterile sewing needles.

It's especially important for gardeners to be protected, so check your immunization records and ask your doctor if you need a Tetanus booster.

WORKDAY SCHEDULE

THIRD QUARTER 2008

JUNE

29 Sun 1-4 Work

JULY

12 Sat 9-12 Work

12 Sun 10-11 Story Hour

19 Sat 9:30 Board Mtg.

27 Sun 1-4 Work

AUGUST

9 Sat 9-12 Work

12 Potluck

1 Gen. Mtg.

17 Sun 10-11 Story Hour

24 Sun 11-1 Harvest Fest:
Tomatobration II

31 Sun 1-4 Work

For the entire year's
schedule of workdays
and other events, visit our
website calendar:

www.oceanviewfarms.net/calendar.html

Know Your Rules & Regs

Now that the year is halfway over, you might be wondering how to earn all those community hours over the next six months. Here are the Rules and Regs on a few common ways to earn hours:

WORKDAYS: Community workdays are announced on the bulletin boards and are usually held on the second Saturday and last Sunday of each month. Members must sign in and out on workdays in order to receive credit for community hours. Should a member sign in and not perform assigned workday duties, but then return to sign out, membership can be terminated immediately. After July 1, members who have not completed their required community services obligation are not permitted to work in their individual plot(s) or Independent Project(s) during Community workdays.

WORKGROUPS: Community hours can also be earned by participating in a Work Group, such as Shredding, Gate Closing, Orchard Maintenance, and Composting. One hour of credit per household may also be earned by attending a General Meeting. The maximum number of hours that can be accrued by attending the General Meetings is six (6).

For more information on earning community hours or any other issues, check the entire set of rules and regulations, available at www.oceanviewfarms.net.

Extra! Extra!

Read all about it!

**Expert Nina Rumely's
Organic Gardening 101
gardening secrets are
available NOW at:**

www.oceanviewfarms.organicgardening.html

WANTED

COMPOST WORKERS

Assist in shredding and composting at 9:00 am Saturday mornings. Please put a note in the GardenMaster's mail slot.

