

OVF NEWS



Published by Ocean View Farms
P.O. Box 66534 Los Angeles, CA 90066
www.oceanviewfarms.net

October - December 2013
Melody Girard, Editor

Fall seedlings are ready!

\$2.00 Six-paks
\$1.00 4-inch pots



Planning & Planting Your Fall Garden?

OVF Greenhouse-Grown, Cool Season Herbs, Vegetable & Flower Seedlings

Saturday, October 12 after the General Meeting

■ Collards	■ Purple Sprouting Broccoli	■ Bulbing Fennel
■ Purple Cauliflower Graffiti	■ Napa Cabbage	■ Radicchio Indigo
■ Brussel Sprouts	■ Mixed Lettuces	■ Kale Winter Red
■ Tuscan Kale	■ Broccoli	■ Cilantro
■ Early Cabbage Gonzales	■ Red Cabbage	■ Savoy Cabbage Alcosa
■ Mustard Ruby Streaks	■ Cauliflower Cheddar	■ Dill
■ Chard Bright Lights	■ Snow Peas Oregon Giant	■ Romanesco Cauliflower
■ Sugar Snap Peas		■ Italian Parsley
■ Leeks		■ Calendula



BIGGEST EVER OVF GREENHOUSE SALE!

On Saturday, October 12, after the General Membership Meeting, OVF will hold the biggest ever greenhouse seedling sale, which will offer 25 kinds of vegetables and herbs, at \$2.00 for a six-pack and \$1.00 for a 4-inch pot! Don't miss it!

What's Inside...

- TOMATO TASTING RESULTS
- WHAT TO PLANT FOR 'WINTER' AT OVF
- TIPS FOR GROWING ONIONS
- DRAGON'S MUSTACHE PEAS
- HOW TO EARN COMMUNITY HOURS
- HELPING FEED THE HUNGRY

Letter from the Editor

November's Melancholy and Glory

As the year winds down and I clear my dried tomato vines and overgrown Brussels sprouts and prepare for a Zone 10 "winter" that begins as soon as the Labor Day flags, styrofoam coolers, and beach chairs are put in storage, I am reminded of this bittersweet passage from a British novel, *Brother Cadfael's Penance*.

"Cadfael had never been quite so acutely aware of the particular quality and function of November, its ripeness and its hushed sadness. The year proceeds not in a straight line through the seasons, but in a circle that brings the world and man back to the dimness and mystery in which both began, and out of which a new seed-time and a new generation are about to begin. Old men, thought Cadfael, believe in that new beginning, but experience only the ending. It may be that God is reminding me that I am approaching my November.

"Well, why regret it? November has beauty, has seen the harvest into the barns, even laid by next year's seed. No need to fret about not being allowed to stay and sow it, someone else will do that. So go contentedly into the earth with the moist, gentle, skeletal leaves, worn to cobweb fragility, like the skins of very old men, that bruise and stain at the mere brushing of the breeze, and flower into brown blotches as the leaves into rotting gold. The colours of late autumn are the colours of the sunset: the farewell of the year and the farewell of the day. And of the life of man? Well, if it ends in a flourish of gold, that is no bad ending."

Brother Cadfael, a monk-turned detective in medieval England, is the fictional protagonist of twenty mystery novels written by Edith Pargeter under the pseudonym of Ellis Peters. The books were made into an enormously popular BBC television series. Peters researched her books assiduously, and included much arcane lore about ancient plants, herbs, and their medicinal uses.

May your New Year be golden.

— Susan Dworski, guest editor

Garden Master's Report

CORN AS HIGH AS AN ELEPHANT'S EYE

I am growing my third crop of sweet corn this year, and am hoping to make it by November. The recent heat wave really helped; the corn shot up to about 18 inches. I planted a red-kerneled variety called "Ruby Queen." Should be interesting.

AMEND, AMEND, AMEND YOUR SOIL

We are entering the time when the soil needs amending, and you are all planting your winter plant seeds in pots to transplant later. See the planting guide on the bulletin board on the east side of the wheelbarrow shed, above the recycling boxes, for planting times.

RECYCLING MEANS DOLLARS IN OVF'S COFFERS

Please remember to bring your CRV recyclables to the big cage-like bin near the manure bins. This program is a good fund raiser for OVF; last year we raised over \$2000.

MORE PRECISION NEEDED ON PLUMBING REQUESTS

We have an excellent plumbing repair crew who will fix the hoses, the PVC pipes and the hose bibs. To do their jobs, they need the hose's ID on the repair work order—not a flowery description of the hose location or your plot number, but the ID that appears on most hose posts. If a green plastic valve fails to completely shut the water off, use a water key to turn it off at the hose bib.



DON'T GET ALL KINKY ABOUT RUBBER

Avoid kinky hose frustration. If you take a minute to unwind a hose completely, walk down the path and straighten it, you can remove the kinks. Winding it carefully around the post when

you're done will prevent future kinks. Then, you can water without yanking on the hose, which puts pressure on the PVC pipe.

COMPOST TAKEAWAY RULES

MEMBERS AND NONMEMBERS may take Gourmet Compost (in the northernmost bin by the main shed) off of the OVF property only on **Mondays from 8am to 10am**. This is to ensure members will have enough to use in the garden during the rest of the week. Removing compost from OVF at other times will be considered theft. Members may use the compost in the garden at anytime. The city replenishes the supply on Tuesdays.

LOOK OUT FOR WALKERS ON THE DRIVEWAY

Drive with caution. Please be considerate and careful using the driveway up and down the hill. Keep on the right side of the road and drive slowly.

— Ed Mosman, Garden Master



What to Plant from October through December

Vegetables that do well and can be planted from seed over the next few months include:

**BEETS • CABBAGES • CRESS • ENDIVE • ESCAROLE
KALE • KOHLRABI • LEEKS • LETTUCE • MUSTARD GREENS
BULB ONIONS • PARSLEY • PARSNIPS • PEAS • RUTABAGAS
RADISHES • SALSIFY • SHALLOTS • SPINACH • TURNIPS**

A more inclusive list of plants with their planting dates can be found at <http://www.digitalseed.com/outline.html>, which has flower and vegetable planting dates for our Zone 24 climate under the heading "Planting Dates." Also, Yvonne Savio's articles for UC Cooperative Extension Program give you month-by-month guides for all of Los Angeles County. See: http://celosangeles.ucanr.edu/Common_Ground_Garden_Program/Garden_Tips_for_Los_Angeles_County/.

WAYS TO EARN COMMUNITY SERVICE HOURS

ASSISTANTS To accept donations of produce on Sundays from 3-5 pm. Very easy and fun job. Contact Alicia: gardengofer@aol.com.

COMPOST HELPERS needed every Saturday from 9-10 am

AUTOCAD DRAFTER with AutoCAD software needed to revise existing file of OVF Independent Project plot map. Contact Marc Spigelman, Independent Project Monitor, in his mailbox in the wheelbarrow shed or ovfipmonitor@gmail.com.

To inquire about the job listings below contact
Melody Girard educationchair@oceanviewfarms.net.

EVENT COORDINATOR and other volunteers are needed for the Annual Rose Pruning workshop on January 11, 2014, from 1:00 to 2:30pm. Coordinators will receive an additional hour of credit for taking on the supervisory role.

EVENT PROMOTERS needed to post information about education events online and at public places around West LA. Experience using social media such as Twitter and Facebook desirable. Earn hours while working at home.

EDUCATION DOCENTS to help schedule and lead tours for children and adults. Fingerprints and background check required.

EDUCATION ASSISTANT/MEETING SECRETARY to schedule and report on meetings and tours. Ability to organize and follow through important.



From left: A welcoming sign under the big pine tree; Amanda Goodpaster with a melange of chopped tomatoes ready to make into salsa; OVF tasters contemplate the offerings; Dean Cleaverdon monitoring volunteers as they check out forms to ensure complete blind tasting; a heaping pile of delicious, OVF tomatoes.

NOT A GREAT TOMATO YEAR, BUT IT WAS A GREAT EVENT



Luna Gooding, the winner for her Sungold cherries.

OVF's Sixth Annual Tomato Tasting was held on August 18, and although it wasn't the best year for tomatoes, almost forty varieties filled the buffet table. Luna Gooding, this year's first place winner in the tomato tasting, is a relatively new member who entered for the first time this year. She thought that she couldn't possibly win. When I called her to tell her that her Sungold cherry tomatoes had won, she found it so incredulous that I had to repeat the news. "I can't believe my {bleep} tomatoes won!"

Ed Mosman's Kellogg's Breakfast and

Nancy Howell's Sweet Cluster were rated second and third best tasting tomatoes.

OVF thanks Amanda and Galen Goodpaster, who coordinated the day's activities. There were also drawing for prizes, as well as \$100 in gift cards for the first, second and third place tasting winners.

Special thanks go to Tom Givvins, owner of the Marina Garden Center, for the gift cards and five bags of bumper crop, Tanya Brokaw for the Dr. Earth Fertilizer, Christy Wilhelmi for donations of her new book, *Gardening for Geeks*, and artist Janet Allinger for the print of her Pop art painting.

Onion gardeners often ask...

"WHY HAVEN'T MY ONIONS DEVELOPED BULBS?" The answer usually has to do with geography, type and timing. At 34° N latitude, we can only get onions to bulb if they are planted from the seeds of onions that will start to bulb with 10 to 12 hours of daylight. Called short-day onions, they must be in the ground **"between the first and the tenth of November,"** according to Pat Welsh's *Southern California Gardening: A Month-by-Month Guide*. She stresses that we can grow globe onions "only from seeds, never from sets." This is because onion sets are grown from long-day onions, which will NOT form bulbs south of 36° N latitude.

TUCK THEM AWAY IN A CORNER

Choose a location that won't be needed until June and avoid shading them. Because they take so long to grow, I prefer gourmet and rare varieties to make it worthwhile. Sow thinly, either directly in the ground or in flats or pots, and cover with one-fourth to one-half inch of soil. Pre-fertilize if planting in the ground. Texas A&M research findings indicate that onion growth and yield can be greatly enhanced by banding phosphorus fertilizer 2-3 inches below transplants at planting time, which invigorates their growth. Keep seeds moist by gently hand watering.



THIN AND KEEP MOIST

When they are thinner than a pencil, transplant seedlings about 4 to 5 inches apart and about an inch deep. Keep the soil moist and weed-free to maintain the health of these shallow-rooted plants.

DON'T KNOCK THE TOPS DOWN

From each leaf, a ring of the onion will develop. Do not knock the onions' tops down, as some sources advise; it stops plants from adding rings. By early May, the necks will thicken and the leaves will start bending on their own. At this time, withhold water. When the tops have turned brown, pull the onions and harden off for a few days in a dry, shady area.

In Memoriam



Joan Nanche

June 23, 1935 - June 6, 2013

Founding member of
Ocean View Farms.
Enthusiastic volunteer,
devoted gardener,
warm friend.

Joan, we will miss you.



From left: a tender section; a tender section with a bud growing in the middle; and last, the tough, curly ends. Many cooks discard the tendrils. Photo Chichi Wang, from Seriously Asian.

all about asian peas

Tasting the Dragon's Mustache: Eating Pea Shoots & Leaves

If you want to grow a tasty vegetable that is quickly and easily prepared, and is also highly nutritious, pea shoots are an excellent choice.

Pea shoots harvested from a variety of snow peas cultivated for its edible stems and leaves offer a delicious alternative to spinach and other cool season greens and they can be grown as easily as any garden pea. Known variously as tobyo in Japanese, *dou miao* (pronounced “dough meow”) in Chinese, *wandusaan* in Korean and by a multitude of names in other Asian languages, it is a truly pan-Asian vegetable. Chef Ming Tsai referred to pea shoots as “the Dragon’s Mustache,” and praised this Chinese delicacy for its superior nutrition and flavor. They are higher in folate acid and vitamins A and C than tomatoes and blueberries.

Food blogger Chichi Wang gives us a hint about where to cut for harvesting and preparing:

“The edible part of the plant is the mid-section, which falls between the tough, curly tendrils at the ends of each plant and the thick stalks close to the central stalk of the plant. In the middle, the stalks are crisp and hollow and the leaves, tender and flavorful.” (<http://www.seriousseats.com/2010/01/seriously-asian-snow-pea-tips.html>)

You can clip the side shoots off of the main stem when the plant starts to produce pods. Try harvesting at different stages of growth to see what you prefer.

Use seeds for snow pea varieties developed for edible foliage—others have tough stems and too many wiry tendrils. Seeds are available for \$3.50 a pack from Kitazawa Seeds under the variety name “Usui 158” at www.kitazawaseed.com/seeds_snow_pea_shoots.html.

The Dragon’s Mustache can be eaten uncooked in a refreshing salad, quickly sauteed with garlic or other seasonings, blanched and tossed into hot pasta, boiled or stir fried. They taste of peas, but milder and greener. Although you can easily improvise, recipes to get you started are available at: www.peashoots.com, http://recipes.wikia.com/wiki/Snow_pea_sprouts

QUICK-COOKED PEA SHOOTS

Ingredients

- 1 to 2 lbs. pea shoots
- 2 tablespoons vegetable oil
- 1 teaspoon kosher salt
- 1 fresh hot chile, stem on and slit lengthwise; or 1 dried arbol or cayenne chile
- 6 quarter-size slices peeled fresh ginger, cut into thin slivers

Preparation

Wash shoots and heat oil over high heat in a wok or large frying pan. Add salt, whole chile, and ginger. Sear ginger, then add shoots. Stir constantly until shoots have wilted—about one to two minutes—then remove from heat. Serve immediately.

YOU CAN HELP FAMILIES LIVING IN THE SHADOW OF HUNGER

Hungry children in the U.S. may not fit any stereotype we have of poor children in undeveloped countries, but hunger is all around us. Los Angeles County has more children at risk of hunger than any county in the nation, according to a report released this past June. An estimated 1.6 residents suffer from periodic hunger. Aid agencies say that people in these circumstances are “food insecure.” They often have to make tough choices between spending money on food or another essential.

To help hungry people, you don’t have to reach for your wallet; just reach for fresh produce from your own garden plot. Bring your harvest to Gate 3 between 3:00-5:00 p.m. on Sundays. OVF Donates volunteers will be accepting donations. It’s that easy. Your produce will be delivered to the West Los Angeles Food Bank and Meals on Wheels.

And when you are planning your garden for the season, think of your neighbors in need and set aside some space to plant a row to contribute to OVF Donates. Your nutritious, organic donation will help a family living in the shadow of hunger.

You can also earn community hours by bagging produce donations on Sundays. Email ovfdonates@oceanviewfarms.net.

Calendar

WORKDAYS, MEETINGS, DONATION
DAYS & GREENHOUSE SALES

OCTOBER

- 12 SAT** 9-12 Workday
12 Potluck
1 General Mtg
1:30 Seedling Sale
- 27 SUN** 1-4 Workday

NOVEMBER

- 9 SAT** 9-12 Workday
- 16 SAT** 9:30 Board Mtg.
- 24 SUN** 1-4 Workday

DECEMBER

- 14 SAT** 9-12 Workday
12 Potluck
1 General Mtg.
- 29 SUN** 1-4 Workday

JANUARY

- TBA** Board Mtg.
- 11 SAT** 9-12 Workday
- 12 SUN** **1:00 Rose Pruning**
(rain: Jan. 19, 1:00)
- 26 SUN** 1-4 Workday

COMPLETE 2013 CALENDAR
www.oceanviewfarms.net



Don't Forget!

OVF Donates
will collect fresh pro-
duce EVERY Sunday at
Gate 3
from 3:00- 5:00 p.m.