

# AOVS URBAN FARM NEWSLETTER

JAN/FEB 2020  
ISSUE 17



## Farm Update

### 2020 Programming

It's been a long winter, y'all. We are eagerly awaiting drier days so that we can get back in the fields and start preparing for spring. The winter temps and rainy weather has kept the farm team cooped up inside and seeding in the greenhouse. The seedlings are growing quickly and will be ready to be transplanted in the field before we know it!



We will be celebrating the farm's 2nd birthday! The farm has grown so much in a few short years, and we're happy to say we are continuing to expand. In fact, there are several ways to become involved with the farm this season.

**Cornbread Academy:** Look for flyers at your site detailing cooking classes with Faron at the Court Ave kitchen.



**Farmer Training Program:** We are looking for hard-working and dedicated clients to join our farm team part-time during peak season (April-October). Let your case manager know if this is something you are interested in.

### Fresh produce

Every week the farm team harvests fresh produce that is then delivered to the different AOVS sites. Ball Rd and Court Ave receive personal vegetable boxes for interested clients while the kitchens at Vinton, Madison, and Central also get a box of veggies to include in their meal prep. Be on the lookout for the best produce this

### Baby chicks

Fifteen baby chicks joined the farm team this month! These little ladies are a breed called Buff Orpington. They are plump, fiercely feathered, friendly, and good layers. They live in a brooder (wooden box with chicken wire) at the moment with a heat lamp inside the greenhouse to stay warm. Once they are a little bigger, they will join our flock in the coop.



side of the Mississippi!



# Featured Harvest

## Raw Honey

- About 4 million flowers must be visited to make approximately 22 lbs of honey (last year, we harvested around 18 lbs of honey from our hives)
- Honey has historically been used to treat wounds because of its antibacterial properties
- A spoonful of locally sourced honey each day can help soothe pollen allergy symptoms
- Honey stored properly, never expires. Honey vats were actually found underground in King Tut's tomb 2000 years later
- Store honey in a cool location away from direct sunlight and in a tightly sealed container (NOT in the fridge)
- Honey contains all of the substances needed to sustain life, including enzymes, water, minerals and vitamins
- We make our own *hot honey* by cooking down raw honey with farm-grown cayenne peppers for a sweet and spicy kick (it's biscuit ready, y'all)



# Featured Recipe

## Robert Wilson's Energy Drink

1 tbsp. Bragg's apple cider vinegar  
 1 pinch ground cinnamon  
 1 pinch ground ginger  
 1/2 pinch ground cayenne  
 6-8 ounces hot water  
 1 tbsp AOV's Urban Farm Honey

Mix together and enjoy in place of (or in addition to) your morning coffee!

**Yum yum gimme some! -  
 Dusty**

*Faron Levesque, Community  
 Kitchen Coordinator*



**Questions about the AOV's Urban Farm?**

Contact Becca Hart, Community Garden Organizer  
[becca@alphaomegaveterans.org](mailto:becca@alphaomegaveterans.org) or 774-6768 ext. 607

