

AOVS URBAN FARM NEWSLETTER

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Farm Update

Pandemic farming

I can hardly believe we're looking towards summer, but just 2 weeks ago we planted 7 beds of tomatoes and 6 beds of peppers in the field. Our spring crops (lettuce, turnips, radishes, carrots, kale, swiss chard) are thriving but once the heat comes we will have to turn those beds under.

We are not selling at the farmer's market at the moment to limit the risk of coronavirus exposure for both the farm team and AOVS clients, but we have moved into online sales. We have a website where customers can purchase freshly vegetables as well as plant starts for their home gardens.

It's certainly been an interesting spring season thus far. While the world spins, we still continue our daily farm work. That happens to be one of my favorite things about farming. No matter what is going on around you, the ground still needs cultivating and the plants still need planting and the vegetables still need harvesting.

Now, more than ever, we realize it's important for the AOVS Urban Farm to show up for Alpha Omega and for our community. Local farms can fill the gaps where the big food systems fail. Local, diversified systems are more resilient than big supply chain systems that rely on a relatively small number of plants and packaging facilities.

All of that to say, we're so pleased to be able to grow food for you during this time.

Thanks for your continued support!



Shades of spring greens!

Self-care

I saw something online the other day that read: **Welcome to 2020. If you don't already have an anxiety disorder, one will be assigned to you.**

That feels like a pretty accurate assessment to me. It's difficult not to feel overwhelmed and stressed during this time. And in fact, that is a normal reaction to the kind of chaos and heightened anxiety that are present in the world right now. Here are some tips on managing that stress:

- Take breaks from reading, watching, or listening to news stories (including social media). It's important to stay informed, but try to limit your media intake to a couple of times a day.
- Be active. Lift weights, go on walks, get outside when you can.
- Stay in touch with friends and family. Make phone calls or write letters while practicing social distancing.
- Get creative. Try journaling or drawing to channel extra emotional energy.



Featured Harvest Flowers!

We talk a lot about the happenings on the farm, but we haven't really highlighted what is going on at the North end of the Ball Road property. This is where we are building the **Wellness Garden**.

The Wellness Garden is the hub for farm flowers. AOVS clients have been seeding flowers in the greenhouse and those seedlings were planted in the field in the past few weeks. After a long rainy winter, we are ready to watch them bloom!

What we're growing:

- Zinnias
- Sunflowers
- Nigella
- Bachelor's Button
- Dianthus
- Cosmos
- Phlox
- Aster

Look for farm fresh bouquets at your AOVS facility later this summer.



From top: The zinnia crop last summer; the wood frame for the flower shed and one of two caterpillar tunnels nearly finished; Nigella seedlings sprout in the greenhouse this winter; transplanted flowers in early April

Questions about the AOVS Urban Farm?

Contact Becca Hart, Community Garden Organizer
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