

Mid Summer Garden

Well I don't think I can ever get caught up in the backyard these days! My gardens have become so large that I'm constantly cultivating the soil! It seems as if just as I've finished one thing, another bed needs redone!

It has been a very successful tomato season for us even though many farmers have said the complete opposite due to all of the rain! Plenty of heirloom tomatoes here! At this time I have planted about 102 in my small space. The reason for that is a greenhouse lesson learned. In the years prior I seed started in the house where the environment wasn't ideal for sprouting. Davin was able to finish the greenhouse coop last fall and I was able to start my favorite varieties successfully for the first time. I put 3 seeds in each pod, and guess what, they all came up! So, I was able to sell a few at the farmer's market, and donated about 40 to a few local families. Lesson learned! We will be expanding our greenhouse coop into a full greenhouse with aquaponics in one section and a chicken care station below, in addition to our seed starting stations. That will be our next big project after Davin remodels the new coop again. I swear, how many times can you rebuild something until you are satisfied with the end result?

Our chickens are 20 weeks old on Wednesday! One of our Campines has been laying for almost 2 weeks straight now but none of the other ladies have begun yet. The campine eggs are tiny, a little smaller than a guinea egg actually. The new flock is having a hard time adjusting to the heat I think because we had so much

rain in the spring that it was actually pretty cool for much longer than it usually is. Since it's dried up for the past month or so it's been pretty hot and they are struggling, even though it hasn't reached 100 degrees yet. Luckily we have multiple fans in both the new coop and the old coop so all of our hens are getting some relief. It does help them to lay in the summer if they have places to cool off. We have multiple locations for water and I like to give them refreshing frozen or chilled afternoon fruit treats.

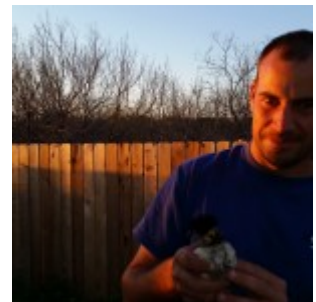
We also have ten different breeds, within the 20 birds we own. Four of them are 16 months old and three of them are consistently laying. The Ameraucana hasn't been laying eggs but has a deformed dorsal, which I've read is how some of the original Arcaunas were shaped. She did have some very soft shelled eggs and I'm not sure if she will lay again or not. So right now she's helping to control the bad bug population, and fertilization. She is one of the original ten pullets that we bought 8-10 weeks old and lost 60% for different reasons. Davin calls her Corky. For anyone considering raising chickens, get them as chicks, not as older pullets. They'll have a much better chance of survival and be much healthier if they grow up in the same environment.

Here are a few pictures to show you what's new at our market garden-backyard homestead and some of the things we've done this spring and summer!



A few plants that
we got from
Sunshine
Community Gardens
annual spring
plant sale, 2015

Seed starts in
the greenhouse



Davin's favorite.



Adjusting the new
system.



Drip system runs
off of rainwater
and is very
efficient.



Drinking
harvested
rainwater, packed
full of
electrolytes!

Another compost
pile located in
Sustainable
Garden Bed



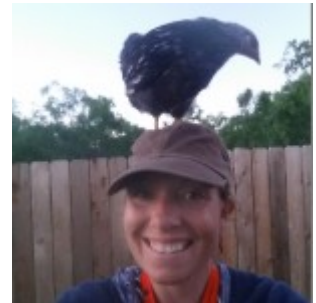
New grape bed and
added garage sale
decor to the gate



French Heirloom
Creme de lite
Carrot



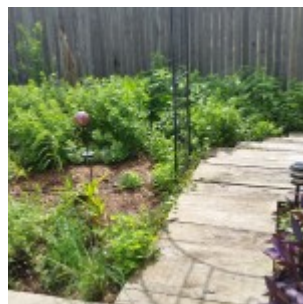
Walking onion



Yes, early
bonding. They
like to jump on
my head!



Table grapes from
Stark bro's.



Herb garden in
the spring 2015



Citrus and
succulents



New coop



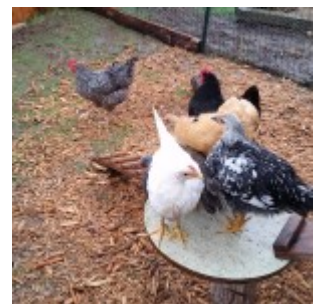
Just a little wet
from the rain



Grew buckwheat to
build the soil
with nitrogen, as
a beneficial
insect promoter,
and for chicken
scratch



Compost for the
chickens to
scratch in

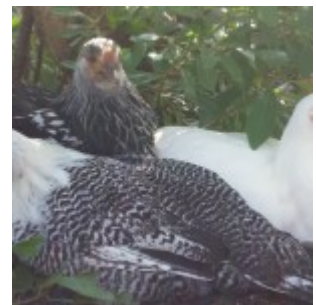




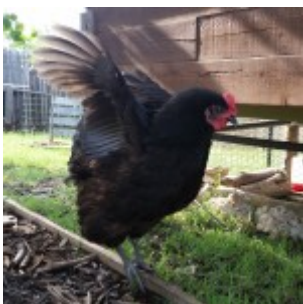
Everbearing
raspberries



1015, Red, White,
Texas Sweet
Onions, were
harvested early
because of all of
the rain and
flooding.



Silver Campine,
Leghorn, Heritage
Breed Hens



This was our
broody Australorp
hen this spring!
We got her back
on track after a
couple of weeks!



Buff Orpington,
Ameraucana, J

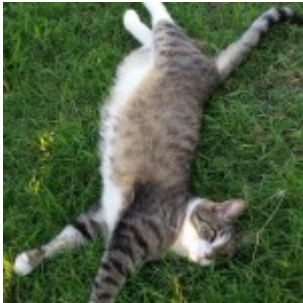




Brabanter
Heritage Breed
Hen



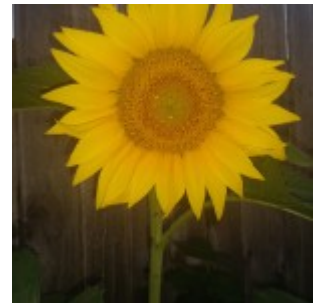
Norwegian
Jaerhons,
Heritage Breed
Hens



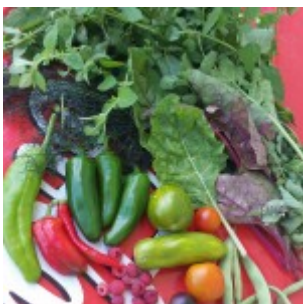
Mic relaxing



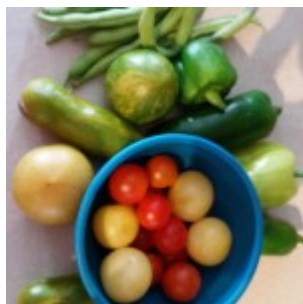
rattlesnake that
I went face to
face in while
cultivating the
corn bed



sunflower



late spring/early
summer harvest



Some of the first
harvests in the
spring.



Heirloom Garlic



Giant Zinnia



A peek in the new coop



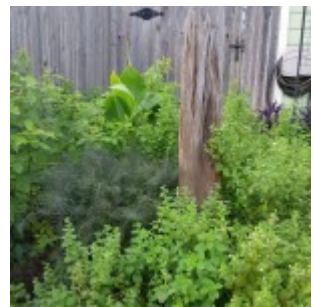
Garden in June



crimson
watermelon that
came up on its
own free will



For some reason
we have two
banana spiders
hanging above our
nesting boxes on
both coops. I'm
ok with that too!
They are well
fed!



Melissa, fennel,
raspberries,
roses, cana, and
an old log that
we turned into
garden art in the
herb garden



Cinnamon basil



Pink lemonade
blueberries

Benefits of Using the Polyface Farm Model in Central Texas

Organic Red Hard Wheat growing in our largest garden bed and planted as the first crop to build the soil! We purchased this seed from **Thayer Feed and Seed LLC** at the Mother Earth News Fair in Kansas 2014.

There are many benefits to the Polyface Farm model. Joel Salatin isn't caught up in labels but believes in the essence of husbandry practices and stewardship (Salatin, *A New Old-Fashioned Food System* 2015). His model aides the local community with access to affordable food and he shares his knowledge with those willing to learn how to incorporate biodiversity while turning a profit. Central Texas is a difficult region to be a "grass farmer." Land varies depending on the ecoregion and is a mix of rocky cavernous ridges, limestone, savannah, piney woods, and blackland prairies (Library of the University of Texas n.d.). Drought and a hot climate bring about other challenges that Salatin doesn't necessarily face in Virginia.

Salatin claims that his beef is "**salad bar beef**" because of the variety of leafy greens that are found in his fields (Salatin 2014). So every day he provides a different polyculture, diversified, paddock for nutrition which consists of dandelions, Kentucky blue grass, onion, narrow leaf plantain, wide leaf plantain,

orchard grass, fescue, red clover, white clover, and buttercup (Salatin 2014). Although our region has the capacity to produce a variety of forage crops, different seasons really dictate what is grown but rebuilding the soil is a necessity.

Native grass seed by **Native American Seed** company would be introduced to the grazing system because it's what the buffalo used to forage, is extremely hardy, requires minimal watering and does well in Central Texas. We have access to organic feed from a local mill just a few miles away so it is ethically important we purchase soybean free, Non GMO feed from **Coyote Creek** as the most sustainable option. However gleaning food from other farmers and businesses is another great sustainable feed source that works well in a zero waste system.

A mixed farming system is sustainable as long as the number of animals and crops produced stays in balance with nature and production demands. A grazing pasture management system must be in place on any farm with livestock. Efficiently maintaining a sustainable pasture requires incorporating the forage-producing capacity and stocking rate to achieve the target level of animal performance over time without causing deterioration of the pasture's ecosystem (David L. Greene 2002, 1).

Salatin grows on a large scale farming system and a smaller scale farm could; be more attainable; require less labor input; be more manageable; be financially feasible and sustainable. I also believe that food crops should be integrated in order to be more self sufficient. Salatin raises beef, chicken broiler meat, chicken eggs, rabbits, and pigs on between 100-500 acres (Pollan, Joel Salatin's Polyface Farm 2006). By

reducing farm scale to accommodate smaller percentages of livestock while encouraging heritage breed diversification is imperative to the preservation of endangered species. In my experience, raising heritage breed chickens in Central Texas creates more resilient food systems. Reducing farm size would allow the farmer to have a better quality of life. (Pollan, Joel Salatin's Polyface Farm 2006). There is a demand for access to healthy and affordable food in Central Texas as well as markets to sell value added products through CSA, farmers markets, and restaurants (Austin Energy Depletion Risks Task Force, Roger Duncan 2009).

Austin needs to minimize food security issues in order to be more sustainable but Austin only represents a fraction of Central Texas. Having access to a farm store and being able to visit the farm to understand where your food comes from plays a crucial role in establishing a better food system. Building a farm brand using a sustainable whole farm model will encourage community members to become a part of the food movement. Educational opportunities aid in the development of future farmers which is essential to making our bioregion more sustainable.

"When we say we are grass farmers, what we're saying is we are honoring and producing the most historically normal, carbon cycle, nutritive cycle, energy cycle that is solar driven in real time and actually builds soil like nature has done forever (Salatin, Episode 516 – Polyface Farm 2014)."

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Support these Organic Farms to Help Transform Our Foodshed

My bioregion has a lot of growth opportunities and has made great strides within our local foodshed. The biggest sustainable access that anyone can have in relation to their local foodshed is to grow their own produce, like the veggies we grew (shown above) from our organic garden! The **Sustainable Food Center** has

been a key player in transforming our community. They have advocated change, helped impoverished communities have access to healthier food choices, provided resources and education, and launched necessary services. They are available at some of the Austin farmers markets in some impoverished areas and have potential growth opportunities to branch out to other neighborhoods. The **Capital Area Food Bank** recovers a lot of food from many restaurants and farms and distributes it to poor communities throughout this region (Texas 2014).

There are several organic farms in Austin, some of which have been around for quite some time. **Tecolote** is an organic family farm a few miles from my home in Manor, which has been the longest CSA distributor in Texas (Kramer 2014). Their engagement in the food movement is through their contributions in living sustainably, local restaurant/co-op distribution, farmers markets in different counties, the slow food movement, and biointensive/sustainable/civic agriculture. These are some of the things I learned from this incredible farm by volunteering and working for them. As a CSA shareholder or farmers market shopper you will be pleased to have access to specialty smoked peppers from David's famous outdoor wood smoker and other unique heirloom varieties that are boom-tastic! Chat about your next dish at the market with Katie!

Green Gate is an organic family farm about ten miles from my house that focuses on civic/sustainable agriculture, CSA distributions, some restaurant wholesale, meat/honey/dairy shares on-site from other farms, host to a bee colony from an offsite beekeeper to share the pollination benefits, promote community

development and education through their New Farm Institute (Flynn 2014). I've had the wonderful opportunity to work and volunteer for Green Gate! Learning from Farmer Chip and Farmer Erin is a unique and magical experience. Something that you don't want to miss! **Help support them in building their NFI infrastructure and site. Donate!**

These two farms are very similar, especially since they are strong family farms, yet their focus is somewhat different. While Tecolote focuses on their direct market reach through face to face networking, Green Gate focuses on educating the community on food ethics. Not to sound exhaustive, I'm trying to simplify. They both represent farm gate to food plate, instill historical character at their farms and equally share traction in their fields. Green Gate has integrated permaculture design at their farm sites and they are open to the public to learn, offer children's farm camp programs, and alternative educational curriculum opportunities to local schools. They are the only organic farm in Austin that focuses on this. Green Gate provides additional SNAP benefits from the government by doubling the voucher from \$10 to \$20 per day for produce when used on the farm (Banks, 2011).

There is a crucial demand in any city or town for people and children to have access to learning about where their food comes from. That ignites interest which can lead to change. Not all organizations who are involved in the foodshed allow others to learn from them through first hand experience. Although you can volunteer at several of the organic farms within this bioregion, that doesn't mean that people are begging to do so, especially if they don't care about the food movement or know why it's important.

Urban Roots in Austin is another organic farm with a civic/sustainable agricultural drive that teaches struggling teens a better way of living. This includes preparing food, field work, advocating change, and they team up with other local businesses to fundraise and raise community awareness for their mission. They stand out as leaders in their field in this arena and use their community engagements at the market, SXSW and other festival exposure, farm dinners, CSA, and fundraising events to propel their grassroots movement. Urban Roots attacks food security issues by providing produce to poor communities. Support their social movement, community impact, and farm! They are the funnest farm to volunteer for! Volunteer!

Although not all of the local organic farms have a mindset to transform lives through educational opportunities teaching volunteers or community members, they do in their face to face interaction at farmers markets, website exposure, grassroots involvement and CSA distribution. The need for expanding **SNAP benefit** access at all the farms and providing mobile access to local, fresh foods in different impoverished neighborhoods is imperative to closing the gap between different populations who may be missing out on the local food system, necessary sustainable food transitions and food security.

For more information about volunteering at a local Austin or Manor farm please review my **Green Thumb-Texas Directory page**. Or talk to your local farmer at your nearest food hub! Building new relationships through Community Supported Agriculture is a great place to start! Find a local CSA farmshare near you!

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