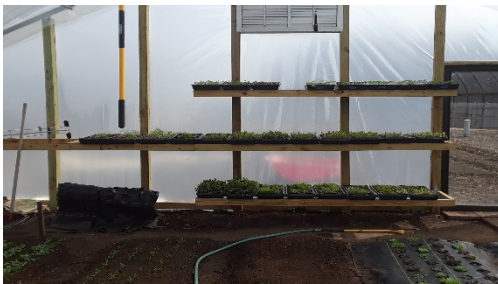




Naturally growing food for a better tomorrow

Ice, Ice Go Away! Come Again Some Other Day!! I know that winter is supposed to be cold and everything, but as a farm that is trying to grow through the winter, I can now honestly say I understand why farmers take a break during the winter months. It's stressful trying to keep everything



warm. Next year, we're going to try and insulate the hoop house by inflating it with air in between the plastic. But for now,

we're just grateful for the sunny days when the transplants get to enjoy a row in the hoop house.

And I'm not sure we'd have been able to make a showing at the February Kansas Grown market had Josh not dappled in a few micro-greens.



Radish, mustard, sunflower, and peas! And even though you cannot eat it, Josh has even invested in a few wheatgrass seeds. Why would we invest in something that cannot be eaten you ask? Because apparently you can juice wheatgrass, and the health benefits are absurd (chlorophyll, vitamin A, vitamin C, vitamin E, phosphorus, calcium, iron, magnesium,



potassium, plus essential enzymes, liver enzymes, and 19 amino acids). And if you didn't know, chlorophyll is actually a natural cancer preventer. Honestly, what I am finding is that

anything grown naturally prevents all kinds of modern diseases and problems. Regardless, growing all these wonderful microgreens certainly puts our one unfinished room in the basement to good use!

Though wheatgrass might be packed with vitamins, the miracle crops are actually the ones surviving the cold like the spinach and the carrots. And although the carrots have been in the garden a very long time, I must admit that now that Josh is finally



harvesting them, they are delicious!! The science behind it is that when temperatures drop below freezing, a chemical reaction occurs that changes the starches into sugars. Who says you have to go to school to learn

fascinating facts?

Another veggie that's been hibernating all winter long is our kohlrabi. So many people keep asking about it, but we just haven't had enough sunlight for it to grow. Another fascinating fact that learned from the



The Market Farmer by JM Fortier is that sunlight is actually more important than warmth. So even on a 50 degree day, it doesn't mean too much if the skies are still cloudy. Mother nature never ceases to amaze me! So to all the kohlrabi lovers in this world...soon, my friends, soon.

March is coming next week and the planting will begin...which means you have one more week to sign up for the CSA! We'd love for you to give us a chance to surprise you with the wonderful benefits of our produce. So please sign our contract and take the first step. We truly believe that a little more natural in our world will go a long way to healing our bodies, our minds, and our hearts.