



# Naturally growing food for a better tomorrow



The HAF fans are in! They say that putting a little circulation in your greenhouse will increase your productivity, so Josh is installing horizontal air flow fans which are also supposed to even out temperature and keep leaves drier. We've had the fans for a month now, and Josh has been running a few of them from an extension cord to the house, but we have an electrician coming in July to help us get all the fans up and running. And although the fans

are certainly a nice addition for us when we're working in the greenhouse, I can't say I've seen too much difference in production just yet. I'm interested to see what all the fans running will do...more to come!

The fans all came about because Josh is unhappy with the production of his tomatoes in the greenhouse. He wants to get twice as much as he's getting. Obviously, production is going to be key in the Urban Farming business, but when researching those greenhouses that do produce a large amount of tomatoes, I found it interesting that the taste index decreased with increase of production. There is actual research that show crops that fight the elements actually develop more flavor. you're interested, try reading the article, ['Treat 'Em Bad and They'll Taste Better: Improving Flavor in Crops'](#) but Lynette Morgan. All that being said, the Tasty Jade cucumbers that we planted in the greenhouse seem to be doing fabulous! I'm partial to cucumbers, but I think they taste amazing. I've made cucumber salad to just about every potluck we've been invited to this summer.



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In addition to the fans, we also have a new greenhouse brewer. Josh has been struggling to keep up with the

compost tea regime the plants like so much because he's been doing it in small doses. With the new compost tea brewer he built, he can make a 25 gallon batch of tea (which covers about 1/4 of the garden). For those of you who don't know, compost tea is actually the tea Josh brews to help give our plants much needed nutrients. It's made up of our compost, reg-wiggler worm castings, and fish fertilizer. I know it doesn't sound good, but the plants love it (which is why we need to do more of it).



One of those plants that are loving the compost tea is new to us this season. It's called Red Amaranth. Most of you have seen it grace the salad mix you get in your CSA box. We initially started growing Red Amaranth because it is similar to spinach in taste, but it is heat tolerant (unlike Spinach). Red Amaranth actually contains twice as much Vitamin K as spinach. The most common use of vitamin K is to clot the blood, but it has also been linked to bone health, cognitive health, and heart health. I laugh when I read these articles about the health benefits of vegetables. The end result of every article? Fruits and vegetables are good for your health in just about every single way. Just eat your veggies, people!!



We're in the 10<sup>th</sup> week of our CSA; that means we only have two more weeks left. I hope you have enjoyed the fresh, unpolluted produce that we've been supplying. This first year has been a bit bumpy, but you all have been so great to work with. I can only hope you join us next year for the ride. Next year, we're thinking about doing discounts for those of you who would like to come help us work the farm on certain days. We'll send an email out just as soon as we know more about next year's season.