



Naturally growing food for a better tomorrow



We're planting garlic. Unfortunately, we had to till this time around to get the garlic in our clay-like soil. Generally speaking, we try to practice "no-till" as much as we can, but with limited resources this year, we had to compromise a bit.

The "no-till" theory revolves around preserving fertile topsoil and growing organic matter. When farmers till the upper 6-10 inches of their soil, they are not only at risk of losing that soil to wind and water erosion, they are also at risk of losing very important microbes and insects that help form healthy soil biology (i.e. the nutrients in our soil that eventually get transferred to the plants which the plants then transfer to our bellies). If we continue to mistreat our land (not only with tilling but with synthetic fertilizers and other chemicals), the environmental experts are predicting that we're going to run out of topsoil in 60 years. That's a crazy statistic! According to [Stanford University](#), the below chart shows the total amount of degraded lands in 2015 (which was five years ago). Imagine what the numbers are now.

Continent	Total Area	Degraded Area	% Degraded
Africa	14.236	10.458	73
Asia	18.814	13.417	71
Australia	7.012	3.759	54
Europe	1.465	0.943	65
North America	5.782	4.286	74
South America	4.207	3.058	73
Total	51.597	35.922	70

Table 1: Estimates of all degraded lands (in million km²) in dry areas. [11]

This is why I cried a little bit when Josh tilled up a few rows to plant our garlic this year. Our soil is simply too hard to get the garlic in the soil without a significant amount of labor, and although we could have brought compost in to cover the garlic we put on the surface, it would have easily cost us over \$800 to make it happen. We're constantly dealing with the balance between doing things right and making enough money to justify it. The goal is to continue to put organic matter on our soil (slowly but surely), and one day our clay soil won't be so tough. Sometimes change has to happen slowly, and that's not always an easy pill to swallow. Josh is always the voice of reason when I want to make drastic changes that will empty our bank account. Sometimes I think the hardest part of a running a farm is dealing with the budget and the compromise. The farming itself is the easy part.

We've said our goodbyes to the chickens this weekend. They're on their way to the butcher on Tuesday. I couldn't be more pleased with how much depth they have added to our little farm this year. Not only have they provided us natural fertilizer,



helped us manage the weeds, and gave us much-needed protein, they were also such a joy to be around. As a young child, my family raised chickens, and I don't remember it being as enjoyable as it is now as an adult. I could sit out there for hours and watch them. Perhaps the meat won't be as tender as we're used to from the store, but something tells me it will be a blessing all the same.



I spent some much time cooking on Thanksgiving, that I was a bit "dinnered" out this week. We made things pretty simple again. We ate some [cabbage soup](#) with leftover dinner rolls, [garlic pasta with arugula](#), and some crispy chicken salad with a [carrot chili vinaigrette](#). To add a little more protein, I sprinkled a little bacon on top of the pasta, and we juiced our own carrots for the vinaigrette (which was to die for).



Tomorrow (12/7), the full shares will **receive salad mix, purple Bok choy, radish microgreens, arugula, and baby carrots**. The half shares will receive **salad mix, purple Bok choy, and radish microgreens**. Next week (12/14) the full shares will receive kale, fennel, micro-green mix, parsley, and spinach. The half shares will receive the kale, fennel, and micro-green mix.

As always, please remember to visit our [market place](#) if you want any additional items. Our herbal products make great gift ideas. My favorites are Where the Wild Things Go, Un-Cracked, Achoo-Be-Gone, and Ultimate Warrior. Have a blessed week!