

OVF NEWS



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Karen Andersen, Editor



Over 40 garden members and 85 hilltop neighbors contributed more than 750 hours over the past three months to help transform the long neglected Grand View parkway and planting area into a beautiful neighborhood asset.

Join the GVPP Team on January 20th

All OVF members are invited to join us for a dedication ceremony on Saturday, January 20th, 2007 at 11:00 am over in the Little League bleachers next to the snack bar. Refreshments, dignitaries and lunch served after the ceremony. More before-and-after photos of the beautification project on page three.

From the Editor's Desk

GARDENING IN THE SLOW LANE

One of my favorite photos depicts me as a child in Africa bending over the garden planting seeds with my Mother. At OVF we relish the outdoor pleasures from our interaction with nature. However, as civilization evolved, fast foods and out of season produce or flowers were brought to us from great distances and transported to the world community from anonymous sources. We slowly became reluctant consumers at the mercy of corporate decision makers who were taught that increasing shareholder value was their only purpose for existence. Interest in sustainable agriculture and demand for organic food production has revolutionized the food industry. Grocery chains have been forced to market to those of us who are demanding organic food.

Growing our own food and supporting farmers markets, cooperative markets, or buying free trade items, improves our relationship with local or global communities. Instead of responding to corporate product displays at the grocery chains, farmers markets provide us with a personal association with those who grow our food. As one shopper recently related, "I don't believe advertising messages printed on packages anymore. I believe a farmer telling me about what she does for a living." As issues of food safety increase (e.g., the recent spinach E.coli scare), our local farmer is becoming our hero to enthusiastically cheer on.

The Washington Post recently described, "The patchwork of federal and state regulations that is supposed to ensure food safety has become less effective as the nation's produce supply has grown increasingly industrial (emphasis added)." We

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TOMATO-BRATION!

SAVE THE DATE!



SATURDAY, MARCH 31

10:00 AM

A SPECTACULAR TOMATO SALE & LECTURE

featuring esteemed tomato grower,
Barbara Spencer, owner of
Windrose Farms, Paso Robles

GardenMaster's Report

COMPOSTERS Please consider attending the Saturday 9 AM composting group this year to obtain your community hours. Karl Liskovsky and Richard Nortman are the leaders and they would welcome your help.

RECYCLE Keep on bringing those plastic bottles and aluminum cans to OVF. We take them over to the Santa Monica Recycle yard once a month.

RETAINING WALL If you need to replace or repair your retaining wall be sure it is not over the water lines underground in the pathways. If you are not sure, come and see me so the wall is placed properly. It would be a shame to have to dig up your plants to repair a broken pipe under your plot.



TRELLIS Do not put trellis against the paths as this violates the 2 foot rule that all trellis should be placed 2 feet from any border on your plot including your neighbor's.

FENCES Fences of any kind are not allowed along the borders and this includes wire, plastic, tarps, fiberglass, pickets and bamboo.

BORDERS All borders are to be of 2 inch thick wood or cinder blocks. The holes should be filled in the cinder blocks with soil to prevent Black Widow spiders from nesting in them.

TREES Just a reminder that no trees of any size are allowed on your plot even if they are in pots. Trees can only be grown in Independent Projects, and even then members must have advance permission from the I.P. Monitor, Judith Morris.



OLD PIPES Look around your plots to determine if you have any old metal pipes lying around or in the ground that may be in your way. Bring them to the area

under the lumber cage and we will use them to support retaining walls in the garden. If you need help to get them out, let me know.

DID YOU MOVE LAST YEAR? The annual renewal meeting was January 4th. This was when your Phase Reps mailed your garden renewal form and they go by the address they had from last year unless you informed them that you have a new address. If you have not received a renewal form, check with your Phase Rep. to see what happened. You may also check with me or with Frank Harris.

I hope everyone has an enjoyable 2007 at OVF. Thank you for being a member of this community garden.

Ed Mosman, GardenMaster

Chair Shots

Once again, I would like to express my gratitude to all OVF members for helping to make 2006 one of the best years ever at Ocean View Farms. From all of the planning, decorating and festivities of our 30th Anniversary Gala last April, through a wonderful summer harvest to the hundreds of volunteer hours contributed toward our ambitious Grand View Parkway Project, we have, more than ever, put the 'community' in Community Garden! For those of you who read this after becoming new OVF members in 2007, I would like to extend a warm welcome to our garden community, and wish you many years of happiness, new friends and abundant harvests at Ocean View Farms. I look forward to meeting many of you in the next couple of months. If you have any questions or concerns about your time here at OVF, please do not hesitate to ask. I'm usually around the large shed on almost any Saturday, or feel free to email me at frank@oceanviewfarms.net.

As we say good-bye to another year at Ocean View Farms, I would like to briefly take a moment to recognize the four recipients of our 2006 Volunteer Service Award.

Warren Miyashiro, Phase I For his dream and vision of our compost program and the many, many years of hard work to see that dream and vision become a reality

Richard Nortman, Phase II for a whole host of things; but mostly for always being there and lending a hand when something needs to be done.

Michael Porter, Phase I For his patience, perseverance and persistence, as well as the countless hours spent helping us develop our website and database

Susan Dworski, Phase I Not just for all of her edits, revisions and reformattings of our wonderful newsletter; but more so, for the dozens and dozens other things she does for us just because I ask.

I am honored to be surrounded with your collective sense of charity and spirit of volunteerism. Blessed Be!

Wishing everyone at OVF and theirs the happiest of New Years.

Frank Harris, President

ORGANIC GARDENING 101

Saturday, March 17, 1:00-4:00 pm

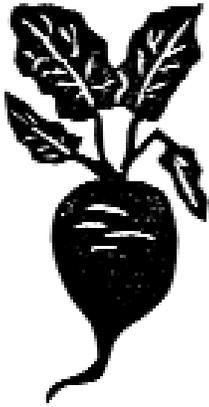
OVF Master Gardener Nina Rumely's popular class will be held once again this year on March 18, from 1:00-4:00 p.m. under the Big Pine Tree. Whether you're a veteran gardener or a newbie, there's always something new to learn at this informational, fun seminar. Don't miss it!

Beet-Ricotta Dumplings

submitted by Evan Kleiman, well-known local chef

The perfect recipe when you need to wow people, especially those who they hate beets. Boy will they change their minds!

- ❖ 1 medium or two small red beets, washed
- ❖ 1 pound ricotta, set in cheesecloth-lined colander and allow to drain for a day
- ❖ 1 whole egg
- ❖ 1 cup grated imported Parmesan cheese plus more for the table
- ❖ Coarse salt and freshly ground black pepper
- ❖ 2/3 cups all-purpose flour plus more for dredging
- ❖ 8 Tablespoons (1 stick) unsalted butter
- ❖ Fresh sage leaves



Wrap washed beets in aluminum foil and place on baking sheet. Bake in 450oF oven until tender, approximately 45 minutes. Remove from oven, open aluminum foil and let beets cool. Slip the skins off with your hands. Grate the beets into a mixing bowl on the large hole of a box grater. Add the ricotta, eggs, Parmesan cheese and salt and freshly ground black pepper to the beets. Mix well with a whisk or wooden spoon. Add 2/3 cup flour to the ricotta mixture and whisk together to mix. Set

the mixture aside for a minimum of 2 hours in the refrigerator. Can be made up to two days ahead.

To form the gnochetti, roll a walnut-sized piece of beet mixture into a nice round. Drop it into the bowl of flour, carefully turning to coat all sides. Lay each dumpling on a parchment lined baking sheet lightly covered with flour. Continue forming the gnochetti until all the mixture is gone.

Just before you are ready to serve, melt the butter together with the sage leaves in a skillet. Let the butter lightly brown, the sage leaves should be nice and crispy. Set brown butter and sage aside while you cook the gnochetti.

Slip the gnochetti into a pot of gently simmering salted water. Wait until they float to the surface of the water and continue to cook for an additional minute. Using a slotted spoon, remove them from the water as they are done and place them on a serving platter. When all gnochetti are on the platter, top with melted butter and crispy sage. Top with a liberal dusting of Parmesan cheese and serve.



Before-and -after along the 1,000+ parkway bordering the Little League fields adjacent to Ocean View Farms community gardens. A fantastic effort by all!

OH, THE BEAUTY OF GRANDVIEW PARKWAY AFTER RE-LANDSCAPING



OVF member Kathleen Yasuda and her two girls participating in the big planting day, December 2, 2006

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have the power to help ensure the safety of our food by supporting sustainable family agriculture. We now have over 4,385 farmers markets in the U.S.

Another cause for celebration is that small family farms have grown from 1 million to 1.2 million during the past 6 years. This is a time to be proud of the contributions that we have all made toward the growth of organic food production through

education efforts in our communities and with the power that our wallets bring to the table. For a list of Los Angeles area certified farmers markets:

<http://www.farmernet.com/events/cfms>

Global efforts toward decreasing our dependence upon corporate agriculture have been encouraged by Carlo Petrini, who began the "Slow Food" movement in 1989. Slow Food is a non-profit eco-gastronomic association that promotes the values of sustainability, cultural diversity, the pleasure and quality of everyday life, inclusiveness, and authenticity and integrity. Slow Food's membership includes over 80,000 members with chapters all over the U.S.

Their annual meeting was held in Turin, Italy in October, 2006. Chefs, farmers, fishermen, educators, volunteers, and artisans came from 150 nations to attend workshops, lectures, and build their networking base and seek solutions. For an excellent article on the conference written by Sue Muncaster, click here: <http://blog.terramadre2006.org/index.php/kubrick/comments/rev1/>. Results obtained from the Terra Madre conference can be found here: www.terramadre2006.org/terramadre/welcom.html.

Carlo Petrini believes that the "network of small local economies is stronger than the multinationals because it has its feet in the soil" and that "the global market economy is destroying the earth."

Know Your Rules & Regs

Members with one (1) or two (2) plots must perform a minimum of 12 hours of community service per plot per year. Each additional plot requires an additional six (6) hours per plot per year.



Where have I heard that before? Al Gore's movie, *An Inconvenient Truth*, has been invaluable in educating us about the disastrous effects of global warming. As respect for ourselves and the fragility of the earth has grown, I believe we will see many more positive changes transforming Mother Earth.

Slow Food serves as just one example of an instance where the emphasis is being placed on slowing down our busy lives, and enjoying the delight of one another's company, with healthy food as the centerpiece to bring diverse people together.

For more information on Slow Food:

www.slowfood.com
www.slowfoodusa.org
www.slowfoodla.com

See you in the garden.

Karen Andersen, editor



Not In Vain

If I can stop one heart from breaking,

I shall not live in vain;

If I can ease one life the aching,

Or cool one pain,

Or help one fainting robin

Unto his nest again,

*I shall not live in
vain.*

— *Emily Dickenson*

IT'S RENEWAL TIME

■ Renewal payments should be postmarked by January 26th, 2007. Any payment postmarked after January 26th, 2007 MUST include a \$10.00 late fee. ALL payments MUST be postmarked before February 2nd, 2007.

WORKDAY SCHEDULE

JANUARY

27 Sat 9:30 Board Mtg.
28 Sun 1-4 Work

FEBRUARY

10 Sat 9-12 Work
12 Potluck
1 Gen. Mtg.
25 Sun 1-4 Work

MARCH

10 Sat 9-12 Work
17 Sat 9:30 Board Mtg.
17 Sat 1:00 Organic Gardening 101
25 Sun 1-4 Work
31 Sat 10-1 Tomato-bration

For the entire year's schedule of workdays and other events, visit our website calendar: www.oceanviewfarms.net/calendar.html

WANTED

ORCHARD PRUNERS

The orchard committee is looking for people interested in tree care to help them with pruning.

Contact frank@oceanviewfarms.net or leave a note in the Chair mailbox in the wheel barrow

BECOME A BOARD MEMBER

Interested in helping shape the future of OVF? You can, by serving on the OVF Board of Directors? April elections will include the positions of Garden Master, Membership Secretary, Independent Project Monitor, the four Upper Phase Reps. and possibly a Vice President. If you're interested in running for any of these positions please contact frank@oceanviewfarms.net

