

# OVF NEWS



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Fourth Quarter 2008  
Jessica Emerson-Fleming, Editor



## *From the Editor's Desk*

I try to keep wordiness out of my columns, but autumn is my favorite season and this month I just can't help it. People love to say that we have a two-season climate in Southern California (or worse, that we don't have seasons at all), and for gardening purposes that's largely true.

But we do have four distinct seasons, the clues just aren't as obvious. Here's a short excerpt from my first novel about the changing seasons out west:

"We took a glorious walk along the creek in the scrubby foothills of lower Sabino, stopping to collect broken slabs of mica and bits of Hohokam soapstone and to watch a woodpecker widen her nest inside of a saguaro's plump belly. The world was alive with color.

*You've been too busy* to even notice the changing seasons. How could you not notice? How could you miss the splendor of the desert in fall? You haven't been alive until now. This is where it's at. This is living.

People from the East coast are fond of saying the seasons don't change out west. They have to hold tight to this line because without the falling leaves what have they got? Long, cold winters. Snow and rats. Mosquitoes and bed bugs. Hot, humid summers and too few leaky air-conditioning units. Outdated plumbing.

They come to Arizona or California and see our year-round sunshine, our mild winters—so mild that I thought spring started in January until, on a family trip to New York, we got caught in a Valentine's Day blizzard—and are consumed with the rage of having been tricked. The allure of a brownstone, a stray deer in a Jersey yard and even the postcard countryside of New England are unoriginal compared to the great western expanses and divine climate of the frontier.

Perhaps the easterners, those in-your-face easterners, can not appreciate the subtlety of seasons. The slight cherry-pink that tinges the air in early October. The two-degree temperature change that barely registers. The faint taste on the wind, bracing in the morning but spicy by suppertime. The smell of wood burning, maybe next door or maybe across town. The incessant sky, so blue blue that it hurts the eyes, ripe with the lithium left over from the previous evening's sunset. Perhaps the easterners can not see and feel those things without the flamboyant autumn leaves pointing them out like so much neon.

All right, it's out of my system. Thanks for indulging me.

Our Tomatobration II Harvest event was a great success. Don't miss the photos and article about it in this newsletter.

## **CHILDREN'S FALL FEST** **Sunday, November 2** **10:00 - 12:00**

Geared towards children 2-6  
Children, grandchildren, nieces, nephews & friends of members welcome.

- Ongoing storytelling
- Fall-themed crafts and snacks
- A pumpkin hunt through OVF
- The chance to pick a take-home treat from the Children's Garden

**THE ANNUAL  
OVF WINTER CRAFT FAIR  
HAS BEEN RETOOLED  
AND RETURNS! LOOK FOR  
MORE DETAILS SOON.**

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# Garden Master's Report

**WORKDAY SIGN IN LOGS** It is important for Garden Members, Associates and Household Members to sign the workday log properly, as below:

- (1) PRINT your name (no scribbles). If your name cannot be read the hours will not be credited.
- (2) If you are an Associate or a Household Member please check the box in the "Associate" column next to your name.
- (3) Enter the CORRECT Phase # and one Plot # (only one Plot # is necessary). If your Phase # and Plot # are not correct the hours will not be credited so please get it right. Use the map on the back wall of the office if you are unsure.
- (4) SIGN OUT. If you do not sign out the hours will not be credited.

Only household members of Members and Associates are eligible to do community hour work for credit to a plot. Household members must reside at the same residence and must be recorded in the garden database by name in order to receive credit. If you have household members who are not in the database contact your Phase Rep and ask them to enter them for you. Remember, if your name is not in the database you will not receive community hour credits. This is also very important for insurance purposes.

We are getting names that are not in the database and it is consuming too much time to track these people down with phone calls. In the future you will not get credit if we don't know who you are.

I would like to thank all of you for your hard work in keeping OVF a beautiful place to garden and meet friends.

**FARMERS MARKET PRODUCE** OVF made an agreement with the Sunday Farmers Market Management to have them deliver their left over produce to the garden on Sunday afternoon. The original thought was to put it in our shredding machine for compost on Tuesday A.M. However many farmers at the market do not want to take some of the good produce back to their farms and are sending it to OVF. All OVF members are welcome to share this produce equally as we share the produce left under the pine tree from our gardens. It is not designated for any one member and must be shared. It should be a first come first served basis and whatever is left will be put in the shredder on Tuesday morning.

**THEFT OF THE RECYCLABLES** Our recycled cans and bottles are being stolen after they are segregated and bagged to go to the recycle yard. We estimate that we have lost \$160 so far. If it is a garden member doing this it will be treated as theft from the garden and will result in immediate termination from the garden. Please report to the Garden Master if you observe anyone taking the bags of recyclable material.

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# Bumper Crop Corner Pumpkin Edition

## PREPARATION OF PUMPKIN MEAT

The secret to really good pumpkin cooking and baking is in the preparation of the squash. Ideally, you should cook it very slowly until it's lost most of its moisture and turned a rich, golden brown. For the recipe below, cut a pumpkin in half and remove the seeds and stringy material. Cover the cut sides with foil and bake cut-side up in a 350° oven for 1-1/2 hours, cool and mash.

## PUMPKIN SKILLET CORNBREAD

- 2 cups cornmeal
- 1 cup cooked pumpkin
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tbsp. sugar
- 1 cup buttermilk
- 1 cup water
- 3 tbsp. shortening or oil
- 1 egg, beaten



Preheat oven to 400° degrees. In a mixing bowl, combine cornmeal and pumpkin. In another bowl, combine baking soda, salt, sugar and buttermilk. Stir the water into the buttermilk mixture. Combine the buttermilk mixture with the pumpkin mixture. Add shortening, egg and mix well. Pour into a greased iron skillet or oven-safe nonstick skillet and bake for 35-45 minutes or until lightly browned. Serve hot with butter.

## CURRIED MEXICAN PUMPKIN SEEDS (PEPITAS)

- ¼ cup good quality curry powder
- 1-1/4 cups water
- 1 clove garlic, crushed
- 1-1/2 tsp. salt
- Juice of ½ a lemon
- 2 cups rinsed, salted pumpkin seeds
- Butter

Preheat oven to 275° degrees. In a saucepan, mix the curry, ¼ cup warm water, garlic, 1 tsp. salt and lemon juice. When well blended, add the other 1 cup of water then heat, stirring constantly, until the mixture simmers. Add the pepitas and simmer for 5 minutes. Drain (save the curry mixture for currying more pepitas,) spread the seeds out on a baking sheet, dot with butter, sprinkle with remaining salt and toast for about one hour, until they are crisp. To curry more pepitas, mix 2 tsp. curry powder into the remaining mix, add water to make 1-1/2 cups of mixture, and repeat.

## In Memoriam Ron Teruya



With fond memories of Ron Teruya.  
Ron gardened at OVF for over ten years,  
gardening in Phase I with his mother,  
OVF's beloved Daisy, every Saturday.  
May his memory be a blessing.

## chair shots

*Welcome and Thanks.*

*Most of the members in Upper Phase III have already met your newly appointed Phase Representative, Ron Fine. I would like to take a moment to thank Ron for accepting this position and enthusiastically agreeing to help OVF run smoothly.*

*I would also like to give a very heartfelt **thank you** to Clark Sheridan for his more than 10 years serving on the OVF Board of Directors as former Upper Phase III Representative. Clark has been an invaluable asset to Ocean View Farms. He was instrumental in formulating the By-laws of the garden during its incorporation and helped maintain the By-laws for the past 10 plus years. Clark also greatly facilitated our successful 30th Anniversary Gala held in 2006. Please join me in expressing our appreciation for his service the next time you see him.*

*Have a wonderful holiday season. I look forward to seeing you in 2009.*

*Frank Harris*

## OVF'S FIRST EVER TOMATO HARVEST CELEBRATION

**A**t the end of summer OVF celebrated its first-ever tomato harvest event, the culmination of a great idea and many months of hard work by OVF Phase II lower member Robin Berger.

The centerpiece of the event was a tomato taste test. 11 participants contributed at least 25 entries into the tomato tasting competition and more than 30 tasters participated in the blind taste test (entries were numbered and identities revealed only after the ballots were collected).

Garden Master Ed Mosman won first prize for his Kellogg's Breakfast heirloom tomato (vendor: Windrose Farms). Second place went to Melody Girard for her Sun Gold cherry tomato (vendor: Tomatomania) and third place went to Dean Cleverdon's Green Zebra (vendor: Totally Tomatoes).

The event was a huge success, and we plan to make it an annual follow-up to our spring Tomatobration sale.

Special thanks to Melody Girard, Carol von Ginkel and Nancy Cleverdon for their production efforts (and for Nancy's delicious salad!) and Paul Zelman for photos. But most especially, to Robin, for coming up with such a fun (and tasty) addition to OVF's slate of wonderful events.

*And the winner was...*



*Ed Mosman! with his gigantic yellow Kellogg Breakfast heirloom. Congratulations, Ed. More than 30 tasters can't be wrong!*



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We're retooling the annual OVF winter craft sale (which took a much-needed hiatus last year) and will be reviving it this December. Look for details coming soon.

We're pleased to announce a Fall Festival for children ages 2 – 6 on Sunday, November 2 from 10 a.m. – noon. This will include tons of fall stories, fun snacks, a fall crop "hunt" through the garden and a project. Feel free to bring your wee children, grandchildren, nieces and nephews—but RSVP to me first so I know how many materials and snacks to buy. I still need a few volunteers for this event, so let me know if you'd like to help!

As always, your feedback and ideas are most welcome. Please feel free to reach me at my new e-mail address:

ovfnewsletter@gmail.com

Or call me at 310-415-9468.

Now go out there and enjoy the glory of autumn, however mild it may be...

Warmly,

*Jessica Emerson-Fleming, Editor*

**RENEWAL TIME IS RIGHT  
AROUND THE CORNER!  
BE SURE AND INFORM YOUR  
PHASE REP OF ANY CHANGES  
IN YOUR PERSONAL  
INFORMATION.**

## Know Your Rules & Regs

As we approach winter and it's time to turn over the garden, keep in mind OVF rules on maintenance of plots and paths. Here are the Rules and Regs on a few common issues:

**PLOT LANDSCAPING:** Plantings in the plot should not excessively shade neighboring plots. Permanent plants must be five feet (5') tall or less at all times with the exception of vines and climbing roses supported by a trellis that must not shade neighboring plots.

**OVF north-south perimeter fences** may not be used as a trellis or support for any plant growth.

**The growing of corn is prohibited** in row "G" of phases I, II and IV and of row "H" of phase III.

**Trellises, arbors, archways, and supports** for plants are not to exceed six feet (6') in height and are to have, at least, a two foot (2') set back from the perimeter of the plot. Temporary supports for vegetables (e.g. beans) may be of a height necessary to support such growth, but must not shade a neighbors plot(s) and must be removed after the growing season. Vines and other plants shall not extend onto paths or into neighbors plots. Growing of trees, sugar cane and the raising of animal life (excluding mosquito fish) is prohibited.

For more information on plot maintenance or any other issues, check the entire set of rules and regulations, available at <http://www.oceanviewfarms.net>.

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**PHASE 4 CHAIN** We have changed the lock on the chain at Phase 4 temporarily to stop the illegal dumping and theft that has occurred in the this area. I know it will be inconvenient but overall the security will be better.

**PRODUCE TABLE** The produce table under the pine tree has been rebuilt and refinished and looks beautiful. Thanks to Jay Felker for his carpentry skills and time. He also provided all the materials. Please do not put plants with dirt on their roots on the table.

**GATES** If you look at the gates they all have a number plate installed on them. The plates were made and installed by Maurice Vickers at his own expense. Thank you, Maurice. Please always lock the gate to help keep the garden secure.

— Ed Mosman, Garden Master

## OVF Congratulates Longtime Member Gholam Fatemi

His story, *Squash Bomb: Kabloom!* was published in the Autumn 2008 edition of *Green-Prints: The Weeder's Digest*, a national, quarterly gardening journal published out of North Carolina. (<http://www.greenprints.com>) Fatemi pens the popular *Medicine from Your Garden* column in this newsletter, and gardens in Upper Phases II and III.

## WORKDAY SCHEDULE

FOURTH QUARTER 2008

### OCTOBER

26 Sun 1-4 Work

### NOVEMBER

2 Sun 10-12 Children's  
Fall Fest

8 Sat 9-12 Work

15 Sat 9:30 Board Mtg.

30 Sun 1- 4 Work

### DECEMBER

13 Sat 9-12 Work

12 Potluck

1 Gen. Mtg.

28 Sun 1-4 Work

Craft Sale TBA

For the entire year's schedule of workdays and other events, visit our website calendar:

[www.oceanviewfarms.net/calendar.html](http://www.oceanviewfarms.net/calendar.html)

## WANTED

### PLUMBERS TO WORK ON PVC PIPING

We need someone to replace hose bibs and repair broken pipes. Full credit will be given for all your work hours owed to the garden. See the Garden Master.

### STORYTELLERS/DOCENTS FOR CHILDREN'S FALL FEST

Wanted: people to read stories and lead children on short "hunts" around the garden on Sunday, November 2nd between 10 and noon. Credit will be given. Contact the Education Chair, Jessica Emerson-Fleming, at [ovfnewsletter@gmail.com](mailto:ovfnewsletter@gmail.com) for more information

