



## Letter from the Editor

Just a few years ago, workshops and big events were held only occasionally at Ocean View Farms, and only members could attend. Now we host about six events a year, most of which are open to the public. When I think about the longevity of events such as the Tomato Tasting—the sixth annual!—and the Tomato-bration Sale and Workshop—which will mark its tenth year in 2014, I realize that they have become “traditions” that will continue, at least for while. We started something—like a movement—that now has a momentum of its own.

How did we get from inception to eagerly awaited annual projects? And all without money for lecturers? We have been lucky to find very qualified experts willing to speak pro bono. Well, community hour credit might have had something to do with it. Sure, some of us would rather be pulling crabgrass, but our sense of duty calls us to the Meeting Area to help with a workshop.

One valuable byproduct of working on events is that our neighbors become known to us as flesh and blood people, instead of “that lady with the funny hat in D-44.” As a result of working together on a project, we have strengthened the values that bind us together.

You may not suspect it, but *you* could be a leader for the next big project or tradition at OVF. Without intending to, you could start a movement. It just takes the commitment to do something, and the ability to persuade one person of the value of your project. Before you know it, more people are joining. And the movement takes on a life of its own—a sure sign of success.

What ideas do you have for improving our OVF experience?

— *Melody Girard, editor*

*“Crabgrass can grow on bowling balls in airless rooms, and there is no known way to kill it that does not involve nuclear weapons.”*

*Dave Barry, humorist & Pulitzer Prize-winning American author and columnist.*

### What's in this issue...

- HOW-TO'S OF COMPOSTING & VERMICULTURE
- 6TH ANNUAL TOMATO TASTING CONTEST
- WEED WATCH: BANISH BINDWEED!
- MONDAY: MANURE MORNINGS
- OVF DONATES: NEW SUMMER HOURS



6th Annual  
**Tomato  
Tasting**

**Sun.  
Aug.  
18th**

# Garden Master's Report

I love this time of year. When you look out over the garden from Row "G" or anywhere near the high ground, it looks like a sea of green splashed with colorful flower clusters. We really are in a little piece of paradise here in the big city of Los Angeles.

I suppose when you are digging that miserable piece of nut grass out (which must be discarded in the trash—not the compost) or that deep devil grass root, you may wonder, "Is this worth all this effort?" But when you pick those first, juicy, ripe tomatoes, you'll say, "Yeah, it is worth it."

I have visited many of the community gardens in the Metro Farms system and I think OVF is the most beautiful. Robert Smaus, former member and retired *L.A. Times* garden columnist, discovered in his research that the land this garden sits on is a 200 foot high ancient sand dune that was left eons ago when the ocean receded from what is now downtown Los Angeles

Now, a few requests and reminders for all our wonderful members...

## NOXIOUS WEEDS 🗑️ DUMPSTER

## ALL OTHER PLANT MATERIAL 🗑️ SHREDDING PILE

Noxious weeds like **nut grass**, **false garlic** and **bindweed** *must* go into the dumpster. Other plant material belongs in the shredding pile. Please do not put other weed material into our two dumpsters. Filling them up with compostable material leaves us no room for trash. The dumpsters at the top of Phase II especially have been overflowing with materials better suited to a compost pile.

## KEEP YOUR SOIL — NEVER THROW IT AWAY

We are finding wheelbarrow-size mounds of dirt in the shredding area. Dirt will not compost. Please cooperate with this request. Talk to your Phase Rep or Garden Master if you think you have a special problem.

## WEED AND MULCH EAST-WEST PATHS

Weed and mulch the east-west paths running along your plot, unless the path ends at a gate. According to the rules, it's the members responsibility.

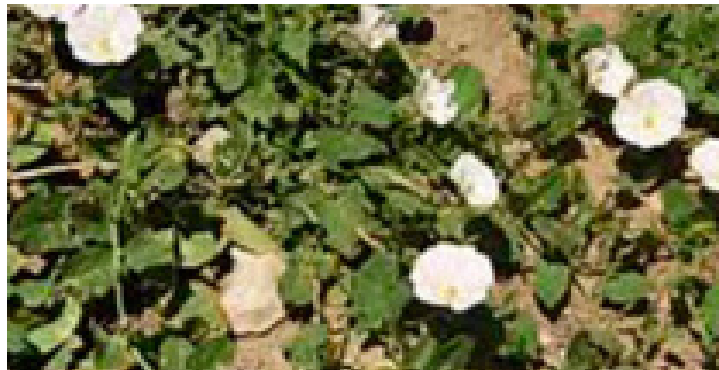
([http://www.oceanviewfarms.net/docs/rules\\_and\\_regulations.pdf](http://www.oceanviewfarms.net/docs/rules_and_regulations.pdf). Page 3, sect. III, item 7) to keep these pathways weed free.

## NO CAR WASHING AT OVF

Do not wash your vehicles at OVF. Someone was observed washing their car with a hose connected to an OVF faucet. This is a citable offense and a waste of water. Our last water bill was \$1160. Please alert the Garden Master if you see anyone breaking this rule.

Thank you for being a member of OVF and we hope you enjoy this little piece of paradise.

*Ed Mosman, Garden Master*



## Weed Watch Quick Action & Persistence Can Manage Bindweed

Bindweed has invaded OVF in a big way and the only way to control it is to dig down to the deepest root and remove, bag and discard all parts of the plant and roots in the dumpster. NEVER put it in the compost pile; it can grow from just a tiny fragment. Its phenomenally rapid root growth calls for quick action

Bindweed roots quickly spread up to 40 feet laterally, crossing under pathways and retaining walls, pushing shoots up to the surface from each of its multitude of nodes. Roots can grow 4 feet deep in the first year.

Garden members who have been fighting bindweed tell us persistence is crucial. You have to keep digging it out, again and again until it stops coming back. "That's the only way to get a handle on this weed," said a member whose plot was at one time besieged by the weed.



### RACHAEL NARINS PRESENTS

Twenty-nine people attended Chef Rachael Narins' Food Dehydration Workshop on July 14, 2013. She delivered a witty, delightful talk on what could have been an otherwise dry subject. "She's hilarious," said Phase IV member Cory Wells. Chef Narins said that she looks forward to giving the workshop again next year.

## Manure Mondays Plenty Permits OVF to Portion Out Poop to Public

The City of Los Angeles gives Ocean View Farms a lot of manure. About twelve tons every two weeks, to be specific. Collected from stable waste bins in Brentwood and dumped in OVF manure bins, this arrangement annually diverts almost 300 tons of horse excrement from landfills and saves the City \$18,000 in fees. With this abundance of fertilizer, OVF can afford to spread it around.

Residents, teachers or anyone can bring their own bag, bucket or container and help themselves to OVF's manure on Mondays from 8:00 a.m. to 10:00 a.m. Warren Miyashiro, who supervises this program, will be on hand to assist the public. Mr. Miyashiro and other volunteers put the clumpy material through a shredding machine, so it's easy to spread in your garden. Questions? Contact the Garden Master at [ed@oceanviewfarms.net](mailto:ed@oceanviewfarms.net)

# How to Compost

## Homemade compost is superior for plant growth and disease immunity

*Conventional or aerobic compost and worm castings both provide excellent “food” for your soil and can be easily and inexpensively made at home.*



by Sheri Powell-Wolff

The benefits of compost are many: it improves soil structure, provides superior, chemically-free plant food, and boosts plants’ disease resistance by increasing beneficial soil microorganisms. While recycling your food scraps and yard trimmings and reducing landfill load, you will be creating soil-enriching amendments at very little cost. It’s a win-win system!

### TWO CONVENTIONAL COMPOST “RECIPES”

Conventional composting works well if you have a yard and a steady stream of yard and kitchen waste. Use brown, high-carbon materials and green, high-nitrogen scraps in a proper ratio to produce speedy decomposition. Brown materials include straw, dried leaves and wood chips, shredded newspaper, cardboard and paper. Green, high-nitrogen materials include grass clippings, fresh yard trimmings and kitchen scraps—without fats, meat or dairy products. The ratios of brown to green materials determine the speed of the decomposition.

Slow, low maintenance compost results from a ratio of 70 percent brown to 30 percent green scraps. Check and remoisten the pile occasionally. In nine to eighteen months, it will be garden-ready.

Faster—but higher maintenance—compost requires a higher percentage of green waste. A simple, effective recipe for great compost calls for 50 percent brown to 50 percent green scraps. Mix the materials well and moisten them to the consistency of a wrung out sponge. Using a compost thermometer, check the temperature of the pile

frequently; turn and moisten it whenever the temperature reaches 160 degrees. Continue checking the temperature until it stops rising—usually in about two weeks. Then let the compost “cure” for eight to twelve weeks.

### VERMICOMPOSTING: READING A WORM BIN

Worm bins are easy to manage at home and use comparatively little space, making them practical even for apartment dwellers. These simple steps will prepare your worm bin for its new occupants:

- Insulate the bin from high and low temperatures.
- Create bedding with “browns” that simulate a forest floor, which will provide food for the worms.
- Bedding materials can include shredded newspaper (wetted in the bin) fist-sized, torn and soaked corrugated cardboard; coir, and partially finished (past heat stage) compost. Bedding should be fluffy and as moist as a wrung-out sponge. Now you are ready to add about one pound of worms (roughly 1,000.)

### HOW TO FEED YOUR WORMS

Bury a small amount of food in the bedding. Food should consist of vegetable-based food scraps. Avoid oils, fats, vinegars and any animal derived products, including dairy, meat and fish. After you’ve added the food, spread the worms on top. They can eat their own weight in food—about one pound of kitchen scraps per day.

Always look at the bedding and replace food only as it disappears, which can be every few days, once a week, or in a day or two. If conditions are not right, worms will flee. In about six months, you will be ready to harvest the rich, black gold at a fraction of the cost of commercially available worm castings. Spread the finished castings liberally in the garden.

Whether you make compost conventionally or let the worms make it for you, your plants will thank you

### FREE COMPOSTING WORKSHOP SEPTEMBER 28, 10:00 AM.

OVF member Sheri Powell-Wolff is a sustainable landscape designer and Master Soil Consultant specializing in compost tea applications for residential gardens. Sheri will give a free Composting Workshop at OVF on September 28th at 10 a.m. Save the Date!



# Tasters, Tomatoes & Volunteers Wanted August 18 for 6th Annual Tomato Tasting



## PRIZES WILL BE AWARDED AT TASTING

Santa Cruz artist Janet Allinger donated an 18" x 24" print of her pop art poster valued at \$125 (above) as one of the prizes in the 6th Annual Tomato Tasting. To view other examples of Allinger's art please visit: [www.theispot.com/jallinger/](http://www.theispot.com/jallinger/).

Last year, Merrihew's Sunset Garden Nursery, Marina Garden Center, Coopportunity and Malibu Compost, donated prizes. We are still seeking prizes for 2013. If you'd like to help solicit prizes, contact Melody: [educationchair@oceanviewfarms.net](mailto:educationchair@oceanviewfarms.net).

## OVF Donates has new summer schedule

EVERY Sunday, from 3:00 to 5:00 p.m., volunteers will be in the OVF parking lot accepting donations of fresh fruit and vegetables to deliver fresh produce to both Meals on Wheels West and the Westside Food Bank. Thanks to all garden members who have contributed, we can finally meet our goal of giving to both charities. Keep up the good work!

You can earn community hours by washing and bagging donated produce for delivery to the charities. Contact Alicia Bacon at: [gardengofer@aol.com](mailto:gardengofer@aol.com)

## TASTERS

On Sunday, August 18, OVF will be holding its Sixth Annual Taste of Summer Tomato Tasting. Members, friends, family, children and drop-in guests are invited to taste and rate dozens of tomato varieties between 1:00 p.m. and 3:00 p.m. Stay for the excitement of awards and prizes afterward.

## TOMATOES

Everyone who brings tomatoes for tasting will be entered into the prize drawing, following the tasting. You don't have to be present to win. From 9:30 a.m. to noon, volunteers will be at the picnic table to register your whole, OVF-grown tomatoes. For earlier registration and tomato drop off, contact Amanda Goodpaster at [amanda30@mac.com](mailto:amanda30@mac.com).

## VOLUNTEERS

Volunteering for the tomato tasting is one of the more delightful ways to build up your community hours. Just ask Amanda Goodpaster, who will be coordinating the event for the third year. Amid the seeming chaos of preparation, you will find Amanda, efficient and unruffled, directing and organizing activities and ensuring the legitimacy of the blind tasting. Contact Melody Girard at [educationchair@oceanviewfarms.net](mailto:educationchair@oceanviewfarms.net) to get on the volunteer roster.

## SEE YOU THERE!

Whether you're a taster, a tomato entrant or a volunteer, we hope to see you on Sunday, August 18, with lots of tomato varieties for the tasting table and your taste buds ready to sample some juicy tomatoes. *Bon chance* and *bon appétit!*

## ENTRY RULES & INSTRUCTIONS

- Enter as many tomato varieties as you like.
- Separate each tomato variety into its own bag or container and label each container with the variety name, your name, and plot number.
- Bring WHOLE, UNCUT, UNSEASONED and OVF-grown tomatoes to the picnic table under the pine tree by 12:00 p.m. on August 18th.
- You can enter earlier by contacting Amanda Goodpaster at [amanda30@mac.com](mailto:amanda30@mac.com).
- Members need not be present to win either the tasting or in the prize drawing.
- There is no limit to the number of tomato varieties each person can enter.

*For more information, contact Amanda Goodpaster or Melody Girard, Education Chair.*

## WORKDAYS, MEETINGS, DONATION DAYS & GREENHOUSE SALES

### IMPORTANT NOTE

During the summer, OVF Donates will collect fresh produce EVERY Sunday from 3:00 p.m. to 5:00 p.m. to deliver to the Westside Food Bank and Meals on Wheels.

## AUGUST

**10 Sat** 9-12 Workday  
12 Potluck  
1 General Mtg.

**18 Sun** 1-3 TOMATO TASTING

**25 Sun** 1-4 Workday

## SEPTEMBER

**14 Sat** 9-12 Workday  
**21 Sat** 9:30 Board Mtg.  
**28 Sun** 1-4 Workday

## OCTOBER

**12 Sat** 9-12 Workday  
12 Potluck  
1 General Mtg.  
**27 Sun** 1-4 Workday

complete 2013 calendar  
[www.oceanviewfarms.net](http://www.oceanviewfarms.net)

## HELP WANTED

EVENT PROMOTIONS ASSISTANT to post flyers at libraries, businesses, garden gates and online online. Experience with Facebook, and Twitter.

EVENT CO-ASSISTANT to help event coordinators set up equipment and organize activities.

DOCENTS for K-8 students to help schedule and lead tours. Fingerprints and background check required.

RESEARCHER / ADMINISTRATIVE ASSISTANT to help research, schedule and attend meetings, and report on tours.

*For all of the above positions  
contact Melody Girard:  
[educationchair@oceanviewfarms.net](mailto:educationchair@oceanviewfarms.net)*

INSTALL POSTS AND MAILBOXES  
Contact Garden Master Ed Mosman:  
[ed@oceanviewfarms.net](mailto:ed@oceanviewfarms.net) or leave a note  
in his mailbox in the big shed.