



Ramah Farmers' Beet

The Ramah Farmers' Market News

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Whooville, in Candy Kitchen

Photo by Owl McCabe

Seeds for Need Program Enters Second Year

Last year, in an effort to promote a return to local, sustainable food production in the greater Ramah area, the Ramah Farmers' Market (RFM) initiated the Seeds for Need (SFN) program. Close to eight suitcases of seed were distributed in the spring and early summer to gardeners throughout the local area, including Zuni, Ramah Navajo and Pine Hill. – Seed was donated largely from two seed companies, Seeds of Change, located in El Guique, New Mexico, and from FaithWorks, based in Flagstaff, Arizona. Over 65 growers participated in the program - each grower filled out a form with contact information and listing the seeds they received.

In the fall, all participants were contacted and sent a form to fill out on seed performance. As expected, less than 20% of seed recipients returned their seed evaluation forms. The information we did receive, however, turned out to be quite interesting and useful (see 2008 Seed Report, p.8). Gathering and sharing this information is an important step toward developing our own seed "land races". Many thanks to all who took the time and trouble to fill out your seed reports! For those of you who have not filled out your report – it's not too late – go ahead and mail, email or hand in your 2008 seed report. If you've lost the package we mailed or e-mailed you – or if you never received one - we can get you another copy – contact the co-managers at 783-4440 or e-mail us at ramahfarmersmkt@yahoo.com

2009 Free Seed Giveaways and Seed Exchanges

This year the Seeds for Need program expanded to include two road trips to the northeast part of New Mexico. This part of New Mexico is known for its long, intact traditions of agriculture, both Puebloan and Hispanic. Probably the most famous product of this region are its chiles: Well known indigenous chile varieties include Espanola, Chimayo, and Santa Fe Grande. All of these varieties were developed from the little villages in this area around Taos. Like many heirloom varieties, these seeds are in danger of dying out. A close second in fame to the chiles are the apples and other fruits of the greater Dixon area. Three Market

volunteers visited the Seeds of Change farm, the Dixon Cooperative Market, and Tooley's Trees.

On April 17 market volunteers Jackie Rossignol and Brianna Clark took the long road trip to the Seeds of Change farm in El Guique, located just outside Espanola. The volunteers took part in the seed company's annual seed giveaway, and also got a first hand look at the famous organic seed grower. On April 19, Jackie returned to the area again with volunteer Sue Gallagher to attend the celebrated Dixon seed exchange, located north of Espanola. The Ramah Farmers' Market contributed seed from the Seed for Need program to the Dixon Exchange. Jackie and Sue also visited Tooley's Trees, located in Truchas. Gordon Tooley has been growing fruit trees on his farm, elevation 8000 ft., for the past 30 years (see articles "Tooley's Trees" on p.5 and pp.6-7). All three volunteers returned with seeds for the Seed for Need giveaway program.

Second Annual SFN Seed Giveaway Underway

The Seed for Need program had its first seed giveaway of the year at the RFM Spring Potluck and Seed Exchange held on Saturday, April 25, at the Old School Gallery. This year the seed giveaway was modeled on the Dixon Seed Exchange: Four tables were set up and the seeds divided up by type. Bags, labels, and markers were provided as well as forms where participants could register contact information and mark off their selections. Six volunteers took their places behind the tables to assist participants in finding seeds and also to answer planting and growing questions.

Meanwhile, another set of volunteers assisted with the potluck taking place across the gallery. Over 60 community members came to visit, sit down at tables to eat an outstanding potluck brunch, and browse the seed tables. Over 35 community members registered their selections, and more are planning to turn in their paper work later. The volunteers "behind the tables" did an outstanding job patiently assisting community members with seed selection, and numerous and complicated gardening questions: Thanks to Jesse Grey, Kate Wilson, Genevieve Humany, Brianna Clark, Denis Black and Jackie Rossignol. Little Deer, Max and Josephine Donaldson beautifully managed the 60+ potluck brunch. (Cont. next page)

Market News

(Cont. from p. 1) This was the best attended pot luck in Ramah Farmers' Market history. Hopefully everyone went home and planted those seeds.

The following weekend another seed giveaway took place at the EMAAC May Festival held on Saturday, May 2, at the Old School Gallery. Again, turnout for the seed giveaway was strong. Three RMF growers set up plant tables as well, offering the community a good variety of vegetable, herb and flower planting options. Volunteers Linda Thornton and Melanie Moynan-Smith drove out from Gallup to work behind the seed tables.

The next seed giveaway will be at the Ramah Farmers' Market Memorial Day Plant Sale to be held at the Ramah Farmers Market site located "under the trees" on highway 53 one half mile west of Ramah next to the Ramah Lake Realty office. All community members are invited to take part in our seed giveaway. Meanwhile, gardeners are encouraged to put their orders in by contacting the co-managers (505-783-4440, ramahfarmersmkt@yahoo.com.) and we will arrange to get them to you.

The Seeds for Need program has several aims. First is to encourage local residents to begin a backyard garden, or expand one they already have. Probably a little over half of the seed we have in the program was produced here in New Mexico, and is therefore well adapted to Ramah conditions.

The current economic conditions have witnessed the nationwide return of the "Victory Garden". Whereas the victory garden of the 1940's was in response to the war effort of WWII (see below), today's victory gardens are a grassroots response to a whole suite of global and local problems. Food produced by commercial agri-business is heavily dependent on oil – oil for the petrochemicals used in synthetic fertilizers, pesticides and herbicides, and fuel for the long distance transportation of the resulting food stuffs. The sharp increases in oil have resulted in both steeply rising fuel and food prices. Gardening in your back yard, using organic methods not dependent on oil, is increasingly becoming a viable strategy for reducing the cost of living in our households. Back yard gardening not only reduces petroleum use, using organic methods also reduces the carbon footprint, an aid to reducing global warming (see Jill Acheson's review of the Omnivore's Dilemma p.9).

Victory Gardens Return

Victory gardens – gardens started during World War II in the United States,



Britain, Canada and Australia– were vegetable, fruit and herb gardens planted in backyards in order to assist in the war effort. During the 1940's, over 40% of the produce in this country was grown by 20 million Americans in their back yard victory gardens. (It would be interesting to know if any WWII victory gardens in Ramah are still in production). The U.S. government promoted Victory Gardens as a way to lower the price of produce needed by the armed forces as well as reduce pressure on demand in general. When Eleanor Roosevelt planted a victory garden on the White House lawn, the United States

Department of Agriculture objected, fearing that victory gardens would "damage the food industry". USDA later reversed their position, and encouraged companies such as International Harvester to support the victory garden concept.



World War II Victory Garden

Recently, history repeated itself when chemical agribusiness interests chided Michelle Obama for failing to use chemical pesticides on her series of organic victory gardens on the White House lawn. (Critics say they "shuddered" at the thought of a pesticide free garden – we should be "shuddering" at the thought of spraying all those children learning sustainable methods on those White House gardens with toxic organo-phosphate carcinogens. I guess when it comes to the health of our children, "business is business").

During the WWII, the victory garden was also promoted as a civil "morale booster", in that regular citizens could participate in the war effort without leaving their back yards. Victory gardens became a daily part of life. Victory gardens were not limited to rural community members, but encouraged in urban and suburban settings as well. Community gardens were also promoted; one still exists today - the Fenway Victory Gardens in the Back Bay Fens of Boston, Massachusetts.

Today, victory gardens have taken on new meaning. The "war effort" now encompasses many global, national and local crises – global warming and controlling our carbon footprint, chemical fertilizer and pesticide pollution of soil and ground water, as well as the challenge of the returning to local, sustainable food supplies in both rural and urban communities. For more information check out this web site: www.revivevictorygarden.org

Seeds of Change

Many of the seeds offered at the Seeds for Need giveaway are from Seeds of Change. Seeds of Change (SOC) is a certified organic seed house whose research farm is located in El Guique, New Mexico. Seeds of Change only grows organic because they are committed to safeguarding our health, and that of the earth through a commitment to organic and sustainable agriculture. Organic and Sustainable Agriculture works to build healthy soil, naturally rich land balanced in the nutrients and minerals plants need. Their organic seeds are produced both on site in New Mexico and also on their unique network of certified organic farms nation wide. SOC is especially known for their organic open pollinated (OP) varieties. Breeding open pollinated varieties is the first step in preserving genetic diversity in crops for future generations. Genetic diversity in food crops has been reduced over 95% worldwide over the last 100 years, putting the resiliency of our food supply at risk. SOC is also very proud of their heirloom, rare and traditional varieties, the "tried and true" plant strains that are the back bone of any sustainable food system. Two years ago SOC also began offering organic hybrid varieties, especially short season varieties. SOC is also, of course, 100 % GMO free (genetically modified organism). GMO crops, designed to get around the necessity of sustainable soil building, have not been tested for food safety, and have raised all sorts of legal problems with traditional freedoms because they are patented. (See *Genetically Modified Alfalfa* in the August 07 issue of the Beet) Seeds of Change has a gardening hotline for gardening questions at 505-699-1462, and a website, www.seedsofchange.org. Their catalog is available by calling 1-888-762-7333.

The Dixon Cooperative Market

"We are owned by no one but ourselves"

Many of the seeds for our Seeds for Need program were picked up at the Embudo Valley Seed Exchange, and event sponsored by the Dixon Cooperative Market. The Dixon Co-op consists of both a grocery store and the Dixon Farmers' Market. The World Hunger Year Project provides a brief history of the Dixon Co-op and market: The Dixon Cooperative Market opened in June 2005, five days a week, in an unused library outbuilding. The cooperative, which is open to everyone, opened with 125 members and grew by 50 members in its first month. A small Community Food Project matching grant provided Dixon Community Market critical start-up funding for costs such as initial rent, salaries, start-up inventory, and building repairs – although much of the work on the building was donated and volunteered by dedicated community members. Once the market becomes established in the community, board members hope to expand its services through food delivery, farm-to-school and other outreach programs.

The co-op is governed by open membership, profit sharing, democratic member control, and autonomous and independent local control. The co-op provides the community with education, training and information. (A recent job application form described manager responsibilities as "various and vexing"). The Mission Statements sums it up *"The Dixon Cooperative Market is a grocery store serving the greater Embudo Valley. Our emphasis is on providing high quality food in a cooperative setting. We strive to support local growers, to protect agricultural traditions and to invigorate the local economy by acting as the link between the consumer and the farmer. Education of the community regarding cooperative principles and the value of sustainable growing practices will make a positive impact on the health and well-being of our entire community."*

The Dixon Co-op Market's first priority was making locally produced food available to the Dixon community: Thus began the Dixon Farmers' Market. There you will find homemade tamales, tortillas, jams, jellies, pies, bread and much more, including the finest, freshest produce anywhere. The market currently has over 50 different vendors. For more information check out the website, www.dixonmarket.com.

FREE Garden Seed GIVEAWAY!

Ramah - Pine Hill - Zuni - Vanderwagon

As part of the RFM Seeds for Need program and to promote local, sustainable food production in the greater Ramah area we are offering FREE garden seed to **all community members**. The seed is provided by the Ramah Farmers Market Seed Exchange, the Dixon Seed Exchange (DIX), New Mexico's Seeds of Change (SOC) seed company, and the Park Seed company. These are Quality seeds. All the Park seed was tested for germination. The Seeds of Change seed is grown for the 2009 season. If you are a novice grower and would like technical assistance, contact the co-managers Denis Black and Jackie Rossignol. 505-783-4440, ramahfarmersmkt@yahoo.com.

Saturday, May 30, 2009 Ramah Farmers' Market Memorial Day Plant Sale, 10:30 am, located at the Enchanted Swiss Bakery, ½ mile west of Ramah on HWY 53.

Feel free to call or e-mail the Market Managers to procure a list of the seeds available. We can deliver your free seeds to a local business for pick-up - 505-783-4440, ramahfarmersmkt@yahoo.com

Vegetables

Amaranth- Red RFM
 Amaranth - Golden Giant RFM
 Amaranth - Hopi Red Dye RFM
 Beans – black wax PARK
 Beans – garden PARK
 Bean – Hutterite Bush DIX
 Bean – Swedish Brown
 Bean – Tavera Bush DIX
 Bean - Gold Lumina Wax SOC
 Bean – Roma Pole RFM
 Bean – Purple String RFM
 Beets - Chioggia SOC
 Beet - Golden DIX
 Beet - Shiraz DIX
 Beet – Shiraz SOC
 Beet – RFM
 Carrot - DIX
 Carrot – Oxheart SOC
 Carrot – Surprise SOC
 Carrot - Trinity DIX
 Chard – Orange SOC
 Chard – White stemmed RFM
 Collards – LS RFM
 Corn – Anasazi SOC
 Corn – Rainbow Inca SOC
 Corn – True Platinum SOC
 Corn – Red Broom DIX
 Corn – Painted Mt. Grind RFM
 Corn – Hopi Red RFM
 Cucumber – Lemon SOC
 Eggplant – Italian Pink SOC
 Eggplant – Louisiana SOC
 Endive – Frissee SOC
 Garlic – Milton's RFM
 Gourd - Dipper DIX
 Gourd – Hopi Rattle SOC
 Gourd – Bird House RFM
 Leek – Scotland
 Lettuce – Black seeded Sim SOC
 Lettuce - Bronze Arrow SOC
 Lettuce – Capitaine Butter SOC
 Lettuce – Formidana SOC
 Lettuce - Four Season DIX
 Lettuce – Red Iceberg SOC
 Lettuce – Ceviata oakleaf DIX
 Lettuce Verte Mar SOC
 Lettuce – Verte Mar DIX
 Melon – Cantaloupe Acoma DIX
 Melon – Honeydew - Acoma DIX
 Melon – Honeydew – RFM
 Melon – Cantaloupe 07 RFM
 Mesclun – Sassy DIX
 Okra – Green SOC
 Okra – Red SOC
 Onion – Red SOC
 Onion – Texas Grano DIX
 Onions POnion RFM
 Peas – Field PARK
 Peas – Sugar Pod SOC
 Peas- Sugar Snap DIX
 Pepper – Chile Anaheim DIX
 Pepper – Chile – Hidalgo SOC
 Pepper – Bolivia Rainbow DIX
 Pepper – Chile Relleno SOC
 Pepper – ChileRioGrande#3 DIX
 Pepper – Chile Relleno DIX
 Pepper – Chile Pekin DIX
 Pepper –Serrano SOC
 Pepper – Peruvian Purple
 Pepper – 3rd Gen Green Chile DIX
 Pepper – Sweet Yank Bell SOC
 Sorghum - Apache Red DIX
 Spinach – New Zealand DIX
 Spinach – Wild, Ruby Orach DIX
 Spinach – Viroflay DIX
 Spinach – Native, 7th gen RFM
 Pumpkin – Small Sugar DIX
 Squash - Summer – Zucchini SOC
 Squash - Summer DIX
 Squash - Winter Green Hubbard SOC

Squash Winter Queensland Blue SOC
 Squash Winter Hopi Orange SOC
 Squash Winter Blue Ballet SOC
 Squash Winter Sweet Dumpling DIX
 Squash Winter Sugar Loaf DIX
 Squash Winter Lakota DIX
 Squash Winter Spaghetti SOC
 Squash Winter Hubbard RFM
 Squash Winter Hopi Hubbard? RFM
 Squash Winter Hopi RFM
 Squash Winter Banana RFM
 Swiss Chard DIX
 Tobacco – Shirazi 4th gen RFM
 Tomato – Arkansas Travel SOC
 Tomato – Cherry SOC
 Tomato – Skorospelsa DIX
 Tomato – Green Zebra
 Tomato – Three Sisters DIX
 Turnip SOC
 Watermelon – Desert King SOC

Herbs

Agrimony DIX
 Basil – Red Rueben SOC
 Basil- Lettuce Leaf SOC
 Basil – Lime SOC
 Basil – Purple variegated SOC
 Basil – Sweet RFM
 Basil – Poppy Joes RFM
 Bergamot SOC
 Butterfly Weed -Asclepias SOC
 Catnip SOC
 Chervil SOC
 Chia RFM
 Chives – Garlic SOC
 Cilantro SOC
 Cilantro – Jantar Johnny's
 Cilantro DIX
 Dill DIX
 Dill SOC
 Dock –Patience DIX
 Lovage DIX
 Lovage SOC
 Safflower
 Safflower SOC
 Sage RFM

Flowers

Ageratum SOC
 Alyssum SOC
 Bachelor Buttons SOC
 Calendula DIX
 Calendula SOC
 Daisy – Zulu Prince SOC
 Datura RFM
 Flax - Scarlet
 Foxglove SOC
 Hollyhock - SOC
 Marigold SOC
 Marigold DIX
 Marigold – African DIX
 Blue Penstemon SOC
 Safflower SOC
 Strawflower SOC
 Stock SOC
 Sunflower - Mexican DIX
 Sunflower – Jar RFM
 Zinnia DIX
 Zinnia – Peggy's SOC

Squash – Winter Green Hubbard DIX
 Squash – Winter Libra SOC



PLANT SALE

and

CRAFT FAIR

AT THE
Ramah Farmers' Market
 on Route 53, ½ mile west of
 downtown Ramah
 next to the Ramah Lake Realty
 Building

**Saturday, May 30, 10:00am to
 1:00pm**

**Vegetable, Herb, & Flower Starts,
 Trees, Etc !**

**GREENS, CRAFTS & BAKED
 GOODS!**

To Set up Produce or Craft Booths and other info call Jackie
 783-4440 or Jesse 870-2750
BRING YOUR LEFTOVER STARTS!

FREE SEED GIVEAWAY!

**Featuring Vegetable, Herb, and Flower seeds –
 Absolutely Free!**

Come check out the seeds from Seeds of Change, Dixon Seed
 Exchange, and Ramah grown seed.

**Soil Testing – Bring one cup of soil with you for testing
 your new garden or check up on your old one. Combine soil
 from several places. Test is for N-P-K, pH and soil texture
 and recommendations. \$5.00 per test. We will be providing
 this service at every market throughout the season.**

Market Openings:

● **Saturday, June 13th, 10:00am–1:00pm Crafts,
 Baked Goods, (and some greens and early
 vegetables) FREE SEEDS!**

● **Saturday, June 20th, & Saturday June 27th
 10:00am–1:00pm GREENS & CRAFTS
 MARKET FREE SEEDS!**

● **Saturday, July 4th, 10:00am–1:00pm RAMAH
 FARMERS' MARKET OPENS for the season**

The Ramah Farmers' Market is open every Saturday
 beginning June 13 through the beginning of October. To set
 up produce or craft tables call 505-783-4440



Soil Fertility Workshop in Pine Hill

On April 29 the Ramah Farmers Market Community Outreach Program offered a workshop on soil fertility at the Center for Health Promotion, in Pine Hill. The workshop was taught by Denis Black, and assisted by Jackie Rossignol, co-managers of the Ramah Farmers Market. The workshop was set up by Jolene C. Luna, the Health Educator and CVD Project Coordinator at the Center for Health Promotion at Pine Hill, and Louise Ingraham, Heart Saver Clinical Coordinator at the Pine Hill Health Center.

The workshop was sponsored by the Ramah Navajo Heart Saver Community Garden Project as part of an initiative to encourage the consumption of fresh produce in communities troubled by diabetes and other nutrition related disorders. The workshop included a class room session about soil fertility, and an outdoor session that included making an organic soil mix and refilling one of the Abundant Harvest Garden grow boxes. Over 31 local gardeners participated in the workshop.

Many Pine Hill residents are growing produce in boxes provided by Hunger Grow Away. Hunger Grow Away is an organization that uses 100% of all contributions for the sole purpose of providing a unique gardening system - "Abundant Harvest Gardens" - to communities and individual families to "Help End Hunger One Family at a Time" throughout the United States and the rest of the world. The grow boxes measure 4' by 4' and have individual cells so each plant can flourish in its own environment. A drain board system prevents moisture saturation, and the boxes require less water than other gardening systems. The boxes can be placed in small yards, patios and roof tops and can provide a family of three to four people with a daily supply of vegetables.

The workshop covered a number of topics about soil fertility with a focus on problems associated with the Abundant Harvest Garden grow boxes. This type of container gardening needs some special preparation in order to maintain both soil fertility and vigorous growing vegetables, without starting over with new soil the next year. Denis covered how to start the grow box, and the special needs of a sustainable growing media. Special emphasis was placed on how to make a growing media from available local soils and organic matter.

A number of questions came up on what kind of organic fertilizers to use for the many different plants without adding any kind of petroleum based fertilizers. Growing vegetables in a grow box is an art in itself. A number of considerations discussed included micronutrient, macronutrient, and pH requirements for the different vegetables and their soil organisms, as well as the difficulties of our climate and water situation. Denis emphasized that all the information given could be used in a regular garden as well, and he answered many questions of gardeners without grow boxes.

Planning the layout of a grow box is very important because of the close proximity and different sizes of the many different kinds of vegetables. There were many questions about what works in a grow box. Denis discussed the varieties of vegetables, herbs and flowers suitable for a grow box because some crops are not suitable for growing in that kind of environment. Recommended vegetables included tomatoes, peppers, beans, squash, cilantro and marigolds. Where to place a grow box is also very important, so that is not too hot or too much in the shade. Overall the workshop was very successful. And many walked away with the feeling that they could grow vegetables in their box and be successful.

The Ramah Farmers Market is planning more workshops on soil fertility for both home gardeners and gardeners with larger plots. The scope of these workshops will include the sustainability of the garden plot in fertilization, watering and placement. Other workshops this fall will be on fruit trees, season extension (hoop houses), and wintering over your garden.



The Abundant Harvest Garden Grow Boxes



**ANCIENT WAY CAFÉ
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Near mile marker 46 on Hwy 53, one mile east of El Morro National Monument Entrance

**High Elevation Gardening
Farm Speaking Out Loud**

Bodhiarts

Well, March 30th it snowed, and on April 16 it snowed again, about 3/8". Even with this we are still 3.5" short of what is needed. The soft rain on May 3rd only helped out the top 1/2" of the soil, and will not bring the lake up to full capacity. It is going to take several years of increased precipitation to bring the lake up to full capacity. The increased demand for water in the watershed behind the lake, will slow down or even stop the lake from increasing. There is actually more water being used in the watershed behind the lake than all the irrigation coming out of the lake.

This year we have good groundwater. That means the trees that were susceptible to disease or insect damage will be able to heal and hopefully grow. If we receive any water in June, the wildflower blossoming should put on a good show, and the pollinators will be able to come back to a sustainable level. There are still areas that do not have bees or butterflies - gardeners should be aware of this in the gardening season to come. Hopefully, we will not have the grasshoppers this year, or at least not come back as strong as, or stronger than they were last year. A number of the fruit trees bloomed early, and the frost got them, but it still could be a good year for some of the later blooming fruit trees.

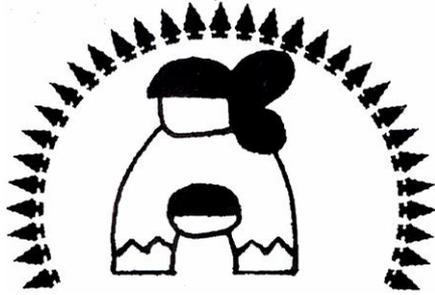
Hopefully we will not have a late frost: The ground temperature this year came up early and a number of the flowers and other plants have a very good head start on blooming. This can be a problem because we could have more weeds in the garden - so some precautions should be taken to help keep the weeds from becoming out of control. *(continued next page)*

High Elevation Gardening

(Continued from p.4)

The need for "land race" garden varieties is important, with 85 percent of garden varieties that were grown in the 1800s now extinct. The need for protecting different varieties is very, very evident, and now with the introduction of genetically modified crops like corn is even more important to protect the seeds that, by meeting the water and temperature of this climate, grow well in our environment. By keeping the seeds that you have grown yourself, you can be more productive, and use less water.

So happy gardening this year, and may your garden be very productive.



Battered Families Services, Inc

My Sister's House Crisis Lines
In Gallup 505-722-7483
Outside Gallup 800-634-4508

My Brother's Place (Offender program)
505-722-5443 Fax 505-722-9355

My Sister's House Resale Shop
103 W. Aztec, Gallup 505-722-5801
Mon-Fri 8am-5pm Sat 9am-4pm

Residential and Non-residential Services

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Margaret Place • Transitional Housing

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All services provided free of charge to survivors of domestic violence and their children (except visitation services)

Administration: (505) 722-6389 Office (505) 722-9355 Fax
207 S. Strong Gallup, NM 87301

Tooley's Trees Coming to Ramah

Kate Wilson

Thanks to the Ramah Farmers' Market, I had the great pleasure of attending the New Mexico Organic Farming Conference last February in Las Cruces with Jackie and Denis. I went to several different workshops and learned a lot from each, leaving rejuvenated and fired-up for the upcoming growing season. One of the workshops that excited and inspired me the most was Gordon Tooley's demonstration, "Basic Pruning and Grafting Techniques for Healthy, Happy Fruit Trees." During the demonstration I quickly learned Gordon was a Master of the art of grafting. Within minutes he joined perfectly a healthy, strong rootstock with another totally different, pinky-sized branch from another tree. It was so well done that it was difficult to see where the graft was, and that was even after I pulled the snug fitting graft apart and then slid it back together. I was very impressed. I realized that to graft so seamlessly he must have had years of practice.

I was right. Gordon Tooley owns and manages a retail and wholesale nursery called Tooley's Trees. It is located in Truchas, NM, on the highroad between Santa Fe and Taos, at 7,960 ft. He focuses on varieties that are drought tolerant and adapted to high pH - trees, shrubs, grafted fruits, including heirloom fruit trees. I was beside myself with excitement and awe. I have been trying to establish fruit trees at 7000 ft. for years, (I won't tell you how many), and failing miserably. I blamed most of my failures on our challenging high elevation and late freezes. But here was this guy not only growing fruit trees at 7,960 ft. but also successfully running a nursery! What was I doing wrong! I could no longer blame the high elevation and late freezes. Within a few minutes of talking with Gordon I was mortified to find I was doing several things wrong, even down to the very root, (pun intended), of planting my trees properly. I couldn't believe the good fortune of finding someone so knowledgeable about growing fruit trees in NM at high elevation. I bought 4 trees at the conference which I planted according to Gordon's instructions and so far they are all thriving. I am envisioning an orchard now!

We are thrilled to announce Gordon Tooley has offered to come to Ramah in the fall (mid to late October); dates will be announced later for a 3 day Workshop on Growing Fruit Trees. He will be covering the basics and up. We will receive more details on the workshop at a later date and keep you informed in the Ramah Farmers' Beet. All market season we will have a sign-up sheet for the workshop and another list to order from Tooley's Trees at the Ramah Farmers' Market. There will be catalogs available at the market to help you make your tree selections. Gordon will give us an update sometime midsummer of the trees that will be available. You might have to make some adjustments to your order as we near October. Gordon will bring the trees with him in the fall which he says is the perfect time to plant them. This saves a lot of gas since we all won't have to drive to Truchas. Then, after our informative workshop ensuring the greatest success, we can plant our trees. Watch for updates in the Farmers' Beet and at the Ramah Farmers' Market. Mark your calendars now for this 3 day workshop in October - and hope you can take advantage of this wonderful opportunity to help establish fruit production in the Ramah Area. (For more on Tooley's Trees see p. 6)

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High Elevation Gardening



Tooley's Tree, Truchas, NM

My Visit to Tooley's Trees

by Owl McCabe

Our growing conditions here in the El Morro area are not favorable to the common apple you find in the supermarket. In the our area, we need apples that can not only take our cold temperatures, but also bloom later than most other varieties and thus miss those late killing frosts.

When it came time for me to start planting a few trees, I knew that I wanted to go with some heirloom varieties that are late bloomers. Also, after reading 'The Apple Grower' by Michael Phillips (a book I highly recommend), I knew that I wanted to grow my apples organically, as the book describes, since the rest of my garden is also organic. This started my search for local, organically grown, heirloom apples. I was about to give up and order online when the March issue of "The Farmer's Beet" came out, and I read the article that mentioned a demonstration on organic apple grafting by Gordon Tooley at the Farmers Market Conference. After a web search, I was able to find Tooley's Trees.

Tooley's Trees website, at tooleystrees.com, best describes their operation:



"Tooley's Trees is a retail and wholesale nursery in Truchas, NM, on the highroad between Santa Fe and Taos, at 7,960 feet. Focusing on varieties that are drought tolerant and adapted to high pH, we grow many species of trees, shrubs, and grafted fruits. We grow in root control bags and rootmaker pots. Our stock is grown with organic methods and we practice integrated pest management. It is time consuming and labor intensive, but results in healthier plants, soils, water quality and beneficial insect populations. We have many heirloom and uncommon varieties of grafted apples, apricots, plums, pears and cherries. Our grafts are on rootstocks carefully selected to match climate and soil types in this area. Our species trees and shrubs are easy to care for and will provide screening, habitat and food for wildlife and yourself."

In mid-April I made the four hour drive to Tooley's Trees to pick out a few apple trees. I found it was well worth the trip. Both Gordon Tooley and his wife Margaret were extremely friendly and helpful in helping me select the right apples for our area. They took

the time to answer all of the many questions I had. All the trees were extremely healthy and vibrant. After several hours of looking around and receiving guidance from Gordon and Margaret, I picked out a few more trees than I originally planned on. Here are just a few of the apples I ended up buying:



Gordon and Margaret

- Tolman Sweet – Round, medium to large fruit. Pale yellow skin, sometimes a little flushed with russet lines and often marked with a slightly rough suture line running from top to bottom. Firm, rather hard, moderately fine white flesh. Excellent sweet flavor. Highly esteemed for baking, stewing and making cider. Large, hardy, healthy, productive long lived tree. Bears early and reliably almost anywhere, blooms late, moderately biennial. Ripens during October, hardy to -50F. Developed in Massachusetts, described in 1822.
- Tompkins County King - Large to very large fruit. Smooth, yellow skin washed with orange-ish red; sometimes striped. Coarse, tender, yellowish flesh. Rich, sub acid, balanced flavor. Excellent for dessert, pies, sauce and cider. Once grown commercially as a drying apple. Tends to water core which creates translucent, very sweet patches in the flesh; shortens storage life, but many find it enhances flavor. Natural semi dwarf tree; precocious and vigorous. Tip bearer. Pollen sterile triploid. Ripens during September. Originated in New Jersey around 1750 and gained its fame in New York State. Introduced in 1804.
- Maiden's Blush - One of the oldest American apples. Flat, perfectly round fruit. Thin, tough, smooth, waxy, yellow skin with crimson blush. Crisp, tender, white flesh with maybe a slight yellow tinge. Fine for cooking, eating fresh, drying or making cider. Vigorous grower; bears early and annually. Subject to scab. Long harvest period. Ripens from mid-August to mid-September depending on location. Hardy to -50 degrees F with occasional winter injury. Original tree traces back to New Jersey prior to 1817.

I totally enjoyed my visit to Tooley's. I was definitely impressed with their operation and would highly recommend them to anyone looking for quality fruit trees. Also, Gordon and his wife regularly harvest apples in a climate as harsh as our own. They are willing to share this information and are planning a workshop in our area to discuss how we can better grow apples in our climate. See the article by Kate Wilson on p. for more information on the workshop.



A few more trees than I originally planned on...



Whooville, in Candy Kitchen

A Quest for the Elusive Apple

By Owl McCabe

Growing apples here in the greater El Morro area is definitely a daunting task. Not only do we have scant rainfall and bitter cold winters but we also face bud killing frosts late into May. John Nichols, in his book “The Milagro Beanfield War” describes this very well when he wrote, "The ritual Death of the Fruit Tree Blossoms began toward the end of every March when, after a long hard winter, warm air coursed lovingly into the Miracle Valley, leading all the fruit trees to believe spring was just around the corner. And, believing this, their sap began running, their bud's grew fat, their branches suddenly burst forth with flowers...Whereupon, inevitably...there ensued a final week of frost and frequently snow that turned into blizzards... and all the fruit tree blossoms were killed and the subsequent summer came and went without so much as a boo! from a single pear, apple or plum."

Now I'm not an apple expert at all, far from it, but I want very much to grow apples not only for myself but also hopefully grow enough so I have some left over to sell at the farmer's market. In the hope of avoiding disappointment, I have done research online, read several books on the subject, and I have talked to numerous people in the area who have tried growing apples. A few people in the area have had some success but most have had no success at all. In fact, most people I talked to told me the same thing – “Apples don't grow here.” I would like to share with you the information I have found. I can't guarantee you will be able to produce apples, but I for one am willing to try.

The number one thing an apple grower in this area needs to do is have your apples bloom as late as possible. There are several ways to do this – selecting an apple variety that naturally blooms later, planting your trees in an area that will cause the roots to warm up later and thus bloom later, and also trying a few tricks at the appropriate time to help protect the blossoms. There is one thing I would like to mention here – frost damage can occur to your tree both before and after the blossoms appear. I have included here a chart of the damage you can expect from different low temperatures at different points of the apple's growth in the spring. As you can see, you can have damage to your tree even before green has appeared on the tree. The later your apple starts to bud out in the spring the better.

	Temperature for 10% Kill	Temperature for 90% Kill
Silver Tip	15°	1°
Green Tip	18°	10°
Tight Cluster	27°	21°
Full Bloom	28°	25°

The best way to improve your chances of growing apples in our area is to select a late blooming variety. In 1900 there were about 8,000 named varieties of apples in the U.S. Of that number roughly 700 varieties of those pre-1900 apples are still in existence. Most have been lost to extinction as small farms disappear and large apple growers stick only with apples that ship over large distances. Today most consumers are only aware of a small percentage of available apples, having access to only those shipping

apples that exist in grocery stores today such as Red Delicious, Gala, Granny Smith, etc. There are so many more to choose from. There are some varieties that have been chosen specifically for their ability to bud out and bloom later in the season. These are the apples to look for. LaVerne Merrill, one of the few growers in our area who has had some success with apples, says the most important thing to do if you want to produce apples is to plant “the hardiest apples you can find, those rated for zones 3 or 4”. You may have seen LaVerne selling her apples at the Ramah Farmer's Market. She says that although she always gets a few dozen apples in the off years, her trees only have a full fruit set every 4 to 7 years. These are from full sized trees that she planted herself 25 to 33 years ago. Fortunately for us, we have an orchardist in New Mexico, Tooley's Trees, that grows and sells some of these late blooming heirloom varieties. Please read my review of Tooley's Trees in this edition (p. 6) to find out more about them.



LaVerne Merrill's full sized trees that she planted herself 25 to 33 years ago.

The next most important factor in growing trees in our area is where and how you plant them. For our climate the best location for an apple tree would be on a north facing slope that is out of the wind. North facing slopes warm up later than other slopes and thus the tree buds out later. Protection from the wind is also important. Our desiccating winds can wreck havoc on a tree if it doesn't outright kill it. You can always create a windbreak through planting other trees or strategic placement of outbuildings. Toby Hemenway, in his wonderful book, “Gaia's Garden”, recommends a thick layer (6 to 12 inches) of mulch around the tree. He claims this not only slows the warming of the roots in the spring causing the tree to bud out later but it also helps the tree to retain water throughout the year. The mulch should be spread out to three times the diameter of the tree to cover all the roots but care should be taken not to let the mulch contact the trunk. Some people claim that if you place a large pile of rocks under your tree that the rocks can retain enough heat from the day that it may help prevent damage from a minor freeze.

Even if you pick a late blooming apple variety and plant in what you feel is the perfect location, knowing our climate there will inevitable come a time when your tree will be threatened by a late frost. Here are a few tricks I read about. You could spray your tree after it reaches the freezing point to cover it with a layer of ice to prevent it from getting any colder. If the night is supposed to be calm and a light freeze is predicted, then a heavy watering of the ground below the tree can reduce frost damage. I read in “The Apple Grower” by Michael Phillips, that “biodynamic growers swear by a valerian foliar tea to gain 5 degrees of frost protection.”

Any way you look at it, growing apples here in the El Morro area is a test. I for one am willing to try all the recommendations I have read and heard. I may not get anything but I like a challenge. I will keep you posted of my success. If you have any other information on growing apples in our area, I would love to hear from you. My email address is petermccabe@petermccabe.com.



LaVerne Merrill's full sized trees, Ramah

Ramah Farmers Market 2008 Community Seed Report

Here is seed information provided by ten local gardeners on seed grown last year in their gardens. Most of this seed was available free from the Seed for Need Program. It's not too late to turn in your seed report – contact us if you need copies of what you received from the seed exchange. SOC = Seeds of Change, Park = Park Seed Company. The 2 digit number is a gardener ID number. The 4 digit number indicates garden elevation. If you would like to contact a gardener for info or seed, contact the co-managers.

Gardeners pointed out that the late frost in June caused some difficulties, as well as hot, dry weather, cool nights, wind damage, intense sunlight, flea beetles, chipmunks, corn ear worm, gardeners too busy to keep up, disorganization, and sporadic watering. We will post more information as it comes in the next issue of the Beet.

Cover Crop

Rye (SOC) 01 6910' – good germination, trampled; Use Again? **YES** Seed Saved? No

Rye (SOC) 09 7200' – planted as ground cover; grew nicely, then horses came and ate it all; Use Again? **YES** Seed Saved? No

Vegetables

Beans – Anasazi (Dry Bean) 07 7000' – Produced way more than any other dry bean Use Again? **YES** Save Seed? **YES**

Beans – Zuni Gold (Dry Bean) 07 7000' – Matured the earliest but only half the volume of Anasazi. Use Again? **YES** Save Seed? **YES**

Beans – Orca (Dry Bean) 07 7000' – Matured same time as Anasazi but only half the yield. Use Again? **YES** Save Seed? **YES**

Beans – Canary (Dry Bean) 07 7000' – Huge plants with huge yield, but spoiled by frost (season too long) Use Again? **NO** Save Seed? **NO**

Beans – Garden (Park) 03 7000' – grew ok but tough; disappointing; greens box; cool summer; Use Again? **NO**

Beans – Black Wax (Park) 03 7000' - grew ok but tough; disappointing; greens box; cool summer; Use Again? **NO**

Beets – Chiogga (SOC) 03 7100' – not much bigger than radishes; greens box; cool summer; lettuce and zucchini did well; Use Again? **NO**

Chiogga (SOC) 07 7000' – Grew as well as other varieties. Use Again? **YES** Save Seed? **NO**

Beets – GFSW Detroit (Giannangelo Farms SW) Excellent if mulched well, soil cool, and moist consistently, high nutrient soil.

Carrots (Unknown) - 03 7100' – short & fat – very good; open box

Carrots (Park) 07 7000' – Grew as well as other varieties. Use Again? **YES** Save Seed? **NO**

Corn – Rainbow Inca Sweet (SOC)– 04 7300' – good germination, good yield in mounds, but not rows; hard water, clay soil; Use Again? **YES** Save Seed? **YES**

Rainbow Inca Sweet (SOC) 10 6300' Did not produce ears; did not get water August - soaker hose mal-function; Use Again? **YES** Save Seed? **NO**

Corn - True Platinum (SOC) 01 6910'– Better than most other corn [even though] planted late. Use Again? **YES** Seed Saved? **NO**

True Platinum 02 7500' - Poor germination, replanted, then vigorous, aphid infestation, never matured; Inca did better. Use Again? **NO** Seed Saved?

True Platinum 09 7200' - New garden; did pretty well. Use Again? **UNK**

Corn – Jubilee (Sweet) 07 7000' – Took the longest to mature but had highest volume and largest ears. Use Again? **YES** Save Seed? **NO**

Corn – Sugar Dots (Sweet) 07 7000' – Not as large volume or size as Jubilee Use Again? **YES** Save Seed? **NO**

Cucumber – GFSW OP # 9 (Giannangelo Farms SW) 08 7300' Excellent; great for real sunny spot or a green house, likes the shade and the heat, likes to be trellised. Use Again? **YES** Seed Saved? **YES**

Lettuce – Bronze Arrow (SOC) 07 7000' – Grew as well as other varieties. Use Again? **YES** Save Seed? **NO**

Lettuce – Verte Mar (SOC) 07 7000' – Grew as well as other varieties. Use Again? **YES** Save Seed? **YES**

Verte Mar (SOC) 01 6910'– equal to other loose leaf lettuce; nice lettuce; good start, eaten by chipmunks – tough year for lettuce.

Use Again? **YES** Seed Saved? **NO**

Lettuce - GFSW NM Black Seeded Simpson (Giannangelo Farms SW) 08 7300' No problems if mulched well, rich soil, consistent moisture. Likes full sun.

Use Again? **YES** Save Seed? **YES**

Native Spinach (Orach) Candy Kitchen 03 7100' - Great! Cool summer.

Use Again? **YES** Seed Saved? **YES**

Onions (Park) -07 7000' – Grew as well as other varieties.

Use Again? **YES** Save Seed? **NO**

Onions - Bunching GFSW (Giannangelo Farms SW) 08 7300' No problems if mulched well, rich soil, consistent moisture. Likes full sun.

Use Again? **YES** Save Seed? **YES**

Peas – Unknown 03 7100' - Poor – not one pea; cool summer; lettuce and zucchini did well, though. Use Again? **NO**

Peas – Sugar Pod SOC 07 7000' – Grew as well as other varieties.

Use Again? **YES** Save Seed? **NO**

Peas – Sugar Pod SOC 05 6700' - grew ok, small pods; not enough water? Raised bed; Use Again? **YES** Save Seed? **NO**

Pepper – Chile Relleno SOC – 10 6300' Did not transplant well –too soon? Did not fully mature; peppers have not done well here. Use Again? **YES** Save Seed? Not sure

Squash – Green Hubbard 05 6700' -Slow start; Lots of vine, blossoms did not develop squash – only one squash [pollination?] Use Again? **NO**

Squash – Hopi Orange (SOC) 09 7200' – New garden; grew pretty well Use Again? **UNK**

Squash – “Lyric” Winter Squash (SOC) – 06 7200' – vigorous 20 ft vines; rich meat, can fry seeds; salmon colored flesh cooks tender – nothing bothered it . Cold Hardy

Use Again? **YES** Save Seed? **NO**

Tomato – GFSW OP (Giannangelo Farms SW seed) 08 7300' – Excellent, disease resistant, indeterminate, prolific; only do this variety.

Use Again? **YES** Seed Saved? **YES**

Zucchini – Unknown 03 7000' – Good; open box; Use Again? **YES** Seed Saved? **NO**

Zucchini (SOC) 05 6700' – grew good, lots of squash; started inside; wind battered leaves. Use Again? **YES** Seed Saved? **YES**

Zucchini (SOC) – 09 7200' – New garden; grew pretty well; Use Again? **UNK**

Herbs

Basil – Red Ruben SOC 01 6910' – Slow but good germination, many died before transplanting. Bad flea beetles. Use Again? **YES** Seed Saved? **NO**

Red Ruben SOC 05 6700' Slow growth but continues inside; cold nights, too much shade. Use Again? **YES** Seed Saved? **NO**

Cilantro SOC – 05 6700' – poor germination, didn't mature; shaded by corn Use Again? **YES** Save Seed? **NO**

Flowers

Calendula SOC 10 6300' – Grew really well, plentiful even with problems with soaker hose; grew better than other calendula. Use Again? **YES** Save Seed? **NO**

Calendula SOC 09 7200' – New garden; grew pretty well; Use Again? **UNK**



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The Omnivore's Dilemma
A Natural History of Four Meals.
By Michael Pollan
A book review by Jill Acheson

From the sex life of corn and its co-evolution with humans to the search, in a burned-out forest, for the thoroughly wild mushroom, with feed lots, and sustainably raised meat and produce in between, this book has everything.

For most of us who read the *Farmers' Beet*, a large part of Pollan's book reinforces our own views of food and its production. We are ourselves on the threshold of the sustainable buy-fresh, and eat-local paradigm. The Ramah Farmers' Market, the eggs, cheese, goat's milk, and meat we are able to buy locally (though in seasonal and limited quantity) open the door to truly conscious consumption of food. Pollan's book, however, enlarges, informs and confirms our choices. It's a good book for the journey.

Pollan has constructed his book around the complete odyssey of the food used for four meals: the first - industrial, second - organic, third - locally produced, and fourth - personally hunted and gathered and grown. An accomplished cook, gardener and "foodie", Pollan acquires and prepares all the food except the industrial meal, which he buys from McDonald's after investigating its origins.

The industrial investigation begins with the production of meat and Pollan's purchase of a steer calf. He follows it from its bucolic beginnings on 5500 acres of rolling short grass prairie near Bear Butte, South Dakota, to its stay at the "back-grounding" pen, at 6 to 10 months of age, to its five months stay in a CAFO (Confined Animal Feeding Operation) in Kansas where he literally is "finished" at 15 months.

The pre-CAFO "back-grounding" is necessary to prepare the calf in its transition from grazing to life in the feedlot, where he will live in pens and eat from bunkers. What he'll eat is grain, chiefly corn, with a protein supplement and fat made from tallow and containing synthetic nitrogen made from natural gas! The feedlot horror is driven home by the information that such an unnatural diet for a ruminant, who is born to utilize grass, will turn his alkaline pH digestive system acidic. The acid -needed to digest grain - after longer than five months in the CAFO - will eat through the animal's rumen wall, destroying its liver, and passing bacteria such as *E. coli* into its bloodstream. Of course, antibiotics will come into his diet! This risk could be prevented by "finishing" the animal with a week or so of grass or hay, restoring the alkaline pH of its natural digestion. CAFOs, however, find this to be costly and impractical.

As industrial meat production includes pork and chicken, Pollan touches on these, but is not allowed by the producers to take a close look. The link in all the meat production, however, is corn: Zia mays. To fully understand the ubiquitous corn culture in our country, which drives the mass meat production and many other elements of our food supply, is Pollan's next investigation. It is a fascinating look at the cheap - artificially so - production of what is the end of a long and beautiful evolution of a grain - a grain that was once, and is still in many cultures, sacred. The description of what corn has come to in our industrial culture is tragic.

We know to lament the GMOs (Genetically Modified Organisms), the destruction of hedgerows in vast plowed fields, the loss of a farm's diversity, the senseless subsidies from the government, but Pollan makes this especially poignant, in light of corn's huge contribution to the evolution of humankind. The fact that corn has been the most abundant and convenient source of calories (and now the cheapest) is lost on most consumers because we don't even recognize it in most of our food. Pollan, as food detective, traces the beginning of much of our processed foods, despite our perception of diversity, back to one source: corn. And, unfortunately, not in its most nutritious or sacred form. The cost to our environment of this huge monoculture is familiar to most of us. Pollan highlights all the costs memorably,

When Pollan's family finally dines on the completely industrially produced meal, the reader is aware that the cheeseburger, fries and coke Pollan eats, the salad his wife chooses, and his son's chicken McNuggets, fries, vanilla shake and ice cream in freeze-dried pellets are, despite the seeming variety, pretty much the same. The quote from the nine-year-old son sums it up: When asked by his father if his McNuggets taste like chicken, the boy replies: "duh - they taste like nuggets."

Pollan second section addresses the origin of organic food, now so widely available in many supermarkets as well as the specialty markets. Again the suspicions we are beginning to feel regarding the mass marketing of organics are confirmed. Pollan highlights producers who have made concerted effort to stay true to all their organic principles and points out the benefits of organic production of food. He also, however, shines a hard light on the mass production and long-distance distribution of so many organic products. Rosie's chickens, for example, don't come clucking out as happy as I'd hoped, and the huge monocultures of broccoli

and the other organic vegetables don't sound much different from conventionally grown ones. The vast distance our unseasonal organic produce must travel racks up a huge fossil fuel footprint. The supply of organics from foreign lands raises issues of land use and the compromised ability of a small local economy to grow diversely for its own people instead of supplying a large First World market.

The meal Pollan prepares; chicken, roast yellow potatoes, and squash, kale, spring mix salad, asparagus and black berries on ice cream, is all organic. Although the asparagus and black berries, out of season, come from afar and don't have much flavor, it sounds like a meal to be enjoyed. It has been grown without pesticides or growth hormones, antibiotics, subsidy checks or nitrogen runoff. It also, however, uses an enormous amount of energy, and only one fifth of the energy is used on the farm that produced it; the rest goes to the processing, packing and distribution. We need to remind ourselves, says Pollan, that although organic is a better choice, it is ultimately unsustainable because of its high fossil fuel requirements.

The section on locally produced food, in contrast, is so idyllic and sensible, and delightful that the reader, even one like myself who prefers to cultivate my gardening friends to an actual garden, is moved to begin such a lifestyle. Of course, Polyface Farm, which is the source of his choice for this third meal, is not in Alaska or New England or New Mexico, but in the rolling foothills of Virginia. The concepts of this farm's growing practices, complete ecological considerations, and wholesome treatment of land and animals have wider applications, but clearly this is and is an especially well suited location for diversity and multi-seasonal crops.*

There are many amusing and thoughtful details included in this description of food production, such as farmer's claim that his animals do all the work. Although the critters don't rise each morning and set off independently to their proper tasks, it's amazing to see how careful management of cattle and chickens and rabbits make them happy and productive. The animals who are most active - and hopefully as happy as their animals - are the humans. Polyface farm is a minutely managed and monitored, smooth running and integrated system... but it is an *intense* lifestyle. This segment deserves to be savored and read slowly; one quote gives a nice sense of the pleasures of this food's provenance. Pollan, at this meal serves chicken again, and it is *delicious* because "when chickens get to live like chickens, they taste like chickens, too".

The fourth meal revolves around the hunter gatherer's system and, like the locally grown section, is a terrific read. Pollan, never before writing this book a hunter, gives a fabulous account of the sharpened senses and exquisite sensibility he experiences as he hunts. Imagining how our ancestral hunters must have felt, gives him a feeling of the acute link we have to our early stages of human life and the quest for food

For those of us omnivores who are carnivores, there is much information to support our choice. One of the quotes that caught my attention, follows Pollan's description of how many small animals are crushed and displaced by the growing of grain and food crops. He says: "Killing animals is probably unavoidable and no matter what we choose to eat. If America were suddenly to adopt a strictly vegetarian diet, it isn't at all clear that the total number of animals killed each year would necessarily decline since, to feed everyone animal pastures and rangeland would have to give way to more intensively cultivated row crops. If our goal is to kill as few animals as possible, people should probably try to eat the largest possible animal they can live on the least cultivated land: grass finished steaks for everyone.

Pollan is after wild pig, and it is quest that must enlist the aid of a skillful hunting mentor, whom he luckily finds. The same mentor is able to aid him in his gathering mode, and Pollan experiences the same powerful sense that engulfs him at hunting when he looks for morels ... further adventures aplenty. Pollan's writing of these intense activities pulled me in and made me feel his excitement. I won't spoil any of the surprising episodes by revealing details of either the hunt or the gathering or even the subsequent meal. It was delicious reading.

So we find the omnivore at the end of his explorations. His dilemma is that because, unlike most other species, we can eat anything and literally everything, we are especially challenged to make wise choices. A popular theme in spiritual writing currently is to link humans with the supreme life force, or creator, as "co-creator" in the world we wish to see evolve. Pollan charges us to be "co-producers" of the food we eat, creating as we consume consciously what is truly good for us and the planet. Without a thorough understanding of the real cost of our food sources we cannot begin to understand the real value of our food choice.

* For an account of sustainable agriculture in a more challenging environment see Eliot Coleman's *Four Season Gardening*, and *The New Organic Grower* (editor's note).

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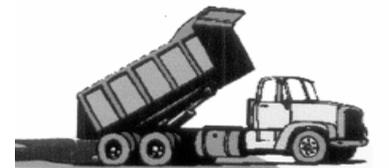
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Editors, Writers, Poets & Photographers, Researchers: Jill Acheson, Bodhiarts, Owl McCabe, J.Y. Rossignol, Kate Wilson. Thanks Everyone.

Contact the Co-Managers: Denis Black & Jackie Rossignol, HC 61 Box 816, Ramah, NM 87321 505-783-4440 ramahfarmersmkt@yahoo.com

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RFM Sponsorship Program

The Ramah Farmers' Market is rapidly expanding with more growers, more customers, a community table, a longer market season, and a Harvest Festival. The Market also has expanded its outreach with a newsletter, The Ramah Farmers' Beet, spring and fall potlucks and seed exchanges, workshops, and garden visits.

The Ramah Farmers' Beet is a free community resource for disseminating information on the Ramah Farmers Market, high elevation gardening, organic gardening, homesteading skills, local, state and national developments in Sustainable Agriculture, the Slow Food movement, local food security and safety, and other issues of community concern.

In 2007 we converted the free newsletter to newspaper tabloid format, accepting local business sponsorships, and increasing circulation to 1000. We envision The Farmers' Beet as a free community newspaper to be mailed and distributed. In order to improve our links with the community we hope to initiate a web site, and contribute funds to the installation and support of a satellite dish to assist in on-line research necessary for accurate and informative newspaper articles. We also plan to reimburse newspaper writers, poets, editors and researchers. The increase in circulation will also increase fuel costs for newspaper delivery – we reimburse newspaper delivery volunteers for their fuel cost. We increased publication to six issues a year. All of these activities require money, time, and volunteers. We invite you to help support the Ramah Farmers' Market Community Outreach Program by becoming an RFM Community Outreach Sponsor. All donation amounts will be accepted, but a donation of 15.00 or more gives you a year's mailed subscription (6 issues) of The Farmers' Beet. A donation of 50.00 or more gives you 10% off of all promotional items (aprons, baskets, etc) for the Market year.

Ramah Farmers' Market

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Make Checks Payable to Ramah Farmers' Market. Mail to: RFM, HC 61 Box 816, Ramah, NM, 87321 The RFM is a not for profit Unincorporated Association, McKinley County, State of New Mexico (pending) and is not a tax exempt organization.

*Thank you, Community Outreach contributors;
We couldn't do it without you...*

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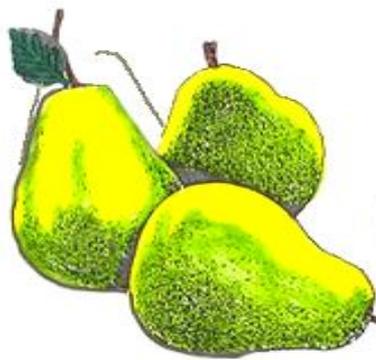
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The Farmers' Beet

The Ramah Farmers' Market Newsletter



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Contact the co-managers: Jackie Rossignol & Denis Black, HC 61 Box 816, Ramah, NM
87321, 783-4440, ramahfarmersmkt@yahoo.com

Ramah Farmers' Market
HC 61 Box 816
Ramah, NM 87321

