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Daloz CSA Newsletter

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Produced by CSA member

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Signs of spring... the April CSA newsletter, plus Abby reports the seeding room and Sunroom completely full of seedlings (tomatoes, peppers, broccoli, celery, celeriac, parsley, lettuce, chard, kale, leeks, brussels sprouts, kohlrabi, cabbage, chinese cabbage, bok choy, mustard and flowers). Requires several hours to get everyone watered every couple of days. Bulbs starting to come up!

Last month, farm manager Abby Holm, shared her story with us. This issue will give you a glimpse into returning farmer, Jeff Rainey. How fortunate we are to have such wonderful people working at the farm again.



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My name is Jeffrey Rainey. I grew up in the small, rural town of Salem, NY. Early on, I took an interest in playing in the woods and fields, and subsequently developed a passion for environmental issues.

For reasons none other than the folly of youth, I enrolled in the US Coast Guard Academy after I graduated high school. After two and a half years, I decided that the military was not my cup of tea (I prefer green, or oolong), and I disenrolled.



Jeff Rainey, Abby Holm, Jennifer Anderson & Pina Wu. members of the 2007 CSA farm crew.

I then moved across the country to study forestry at Northern Arizona University. While there, I began to seriously think about the issues that my generation will be largely responsible for dealing with, namely, the decline of cheap energy, the disconnect between our culture and nature, and the extreme peril of an industrial food system. **After graduation, I decided that I needed to come back to the rural Northeast, and reconnect myself with the land that brought me up.**



Monthly potlucks will be held on the 2nd Sunday, that's April 13th this month. If you'd like discuss farm operations, come at 4PM. If you just want to schmooze and eat, come at 5PM!

Q: How did you hear about Daloz CSA? What drew you to it?

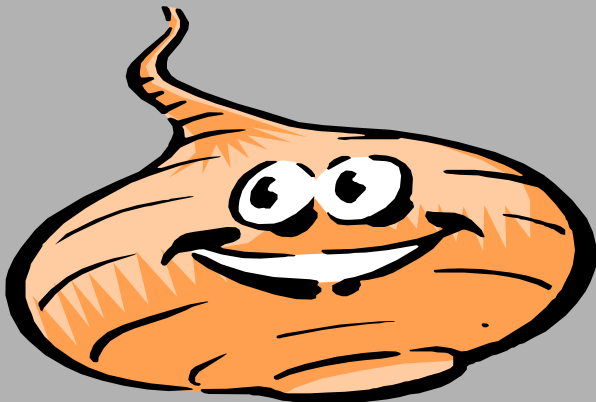
A: I was visiting my college friends in Hancock, and we were riding our bikes past the farm, and they pointed it out to me. The next day I was riding my bike (I do that a lot), and I passed the field where everyone was working, so I introduced myself. Everyone was super friendly, they were doing beautiful things with the land, and they had an empty tent platform in the woods. Perfect.

Q: How long have you been with Daloz CSA?

A: I came here in July of last year. I am grateful that I have been given the opportunity to be here, to contribute and learn. I find working with Mother Earth to be extremely satisfying, even after a long hot day of farm work. We have a great farm crew, and I enjoy working with them too. **I have never felt as healthy in my life as now, when I eat fresh, organic vegetables that I help to grow.**

Q: OK, if you were a vegetable, what would you be?

A: I would be a turnip, because I am usually easy going, even though I need a little elbow room, and I try to stay humble!



Greenerboro

Daloz Farm CSA will be sharing a table at the Greenerboro event (a showcase of local green businesses) with a few other local farmers on April 19 - so if you have friends interested in joining the CSA, it is a great opportunity to meet a representative of the farm crew, learn more about how the CSA works, etc.

We have 50-something members now, we're looking for 80. **Have you invited a friend to join?**



When buying new appliances, look for the [Energy Star](#) label. And when picking out new pots and pans, [skip the nonstick](#) ones. Teflon is made with a chemical, perfluorooctanoic acid (PFOA), that is a "[likely carcinogen](#)" (according to the EPA) and a [major polluter](#) of air and water near where it's produced. Old-fashioned cast-iron pots and pans are a safe alternative, as are those made out of anodized aluminum and stainless steel (unless you're allergic to nickel).