



## Daloz CSA Newsletter

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By CSA member Mary Lou O'Neil

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**D**ear CSA friends: Happy March! Spring is—allegedly—just around the corner. Farm manager, Abby Holm (our featured bio this month) says she has finished her last day working at EMS and is excited to now be back working full-time at the farm. The seedling room is warm and green. Leek and kale are making an appearance. More veggies are coming soon. So, take heart all ye who are winter weary—the winter worm has begun to turn.

*Abby reports that we have welcomed 9 new households, are up to 40 members already this year, and are at 44% of our budget goal. Not bad for still having so much snow on the ground! Remember, we'd like to get up to 80 members this year. Have you invited a friend, or told your co-workers about Daloz CSA? Please consider giving them a brochure, or ask them to check us out at [www.dalozcsa.org](http://www.dalozcsa.org).*

A large part of the CSA's growing success is attributable to the mind and body work done by Farm Manager, Abby Holm. We are fortunate to have her back again this year. Thought you might like to learn more about Abby.

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

I met Charlie Daloz 4 years ago, when we were both intern searching at a practicum fair at Antioch in Keene. At the time, I was a Farm Manager for an organic farm in northern New Hampshire. In what I later learned was typical "Charlie fashion", he tried to recruit me to help out with the CSA even though I already had a job and was living two hours away!



In December of 2006, I called him up to see if he was still looking for help. It turned out that the timing was good because the Daloz CSA needed a farmer and I was interested in moving from home-scale gardening and education to a larger scale production agriculture farm - still focusing on sustainable methods.

Charlie Daloz

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Monthly potlucks will be held on the 2nd Sunday of each month. If you would like to par-



ticipate in the discussion of business operations, come at 4PM! If you just want to schmooze and eat, come at 5PM.

Abby Holm

Farmer & CSA Manager

Daloz Farm CSA  
603-831-1972  
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**Part of the draw to Daloz Farm CSA was the scale - I feel like a large part of my work is to demonstrate that we can feed ourselves from farms here in New England rather than being dependent on a global food system that I suspect is not as stable as some folks might think and requires huge amounts of oil for transportation.**

I was also interested in the opportunity to get this farm organized. Managing a farm has a lot of different components to it. There is field management: planting, trellising, weed management, irrigation, pest and fertility management, harvesting, etc., but there is a lot more to running a farm - things like recruiting staff, interns and volunteers, budgeting then keeping expenses within that range (and ultimately getting creative with financing when the expenses far surpass the income), advertising, balancing the needs of the CSA and the local farmers' markets, communicating with members, paperwork, housing the residential farm crew - making sure that we all do our house chores, and that we eat regularly, and deciding who makes decisions and how that works in a thousand different situations throughout the season with a frequently changing group of folks with different commitment and experience levels.

**Then there is the philosophy of the farm** - deciding how our feelings about our impact on the environment relate with how we fertilize, or how we deal with pests combined with the production needed to meet the expectations of our members and buyers. And that's before we even open the door called "Education!"

At the same time, most of those things are just thoughts in one's mind while doing the "real work" of physical labor out in the fields. It's a lot. It's a pretty significant balancing act that I find some-

times I do well, and sometimes I really mess up mostly because I'm just too tired to think straight. Gradually, though, I'm having some of those major lifetime achievement epiphanies that make the moment-to-moment decisions easier to get right.

**Q: You seem to know a lot about dirt, and farming, and food. Why did you get interested in it and how did you learn it?**



**"Spreading Manure in Field Juan - Fall 2007" Left to Right: Jennifer Anderson (intern 2007), Abby Holm (Farm Manager), Don Nieratko (CSA Member), Terry Landis (Farmer), Paddy dog (Mascot & ChiefRatter).**

I came to agriculture and ecological rural living as the direct application of trying to live consistently with my ideals. I wanted to produce something of real value, I didn't want to commute to a job that was separate from who I am. Farming is a whole life enterprise. It is completely connected in a huge cycle through the season, providing all of our basic needs while being unbelievably rewarding.

**Being out in the fields is our employment and entertainment, our exercise and our community, and it brings us the food and medicine that our bodies need.** It's

about the best parts of being a kid - climbing trees and playing in the mud; but it's also about the most challenging things we can learn - the balance of our soils, microclimates around the farm, the distinct needs of the different families of plants that we cultivate, the holistic methods of growing that protect us from environmental hazards like Colorado potato beetles and drought. **It's definitely intellectually stimulating, but it's way fun too.**

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

Kale is low maintenance, but really goes a long way toward making people happy and healthy - that's pretty much what I'm going for.