



Backyard Bounty Connections

October 19, 2010

Volume 2, Issue 9

Have something to share?

Backyard Bounty Connection is open to submissions: Articles about local food, recipes, event listings, pictures of your gardens and other submissions are most welcome. Email info@backyardbounty.ca and put 'Backyard Bounty Connection submission' in the subject line.

Contact Julianna at:

Phone: 519-803-2539

Fax: 519-829-3836

Email:

info@backyardbounty.ca

Please feel free to circulate this newsletter!



Our property at 7 Omar before it we put a garden in.

Garden Report

Gardens, gardens, gardens. Many of the generously donated plots are now finished for the season and are being cleaned up. The old plants are being pulled out and put in the compost and in some cases cover crops of oats and rye are being planted to protect the soil and add nutrients over the fall and winter.

Fall is the time to plant garlic and we will do this next week. If you are interested in helping out, it will likely happen on Thursday, so please let us know.

Preparing for next year

Although this season isn't quite over, there are already many things to consider for next year. We hope to double production, having over 130 CSA shares, and sell at twice as many restaurants and markets. This is going to take a lot of work and growth in the rest of the business as well.

We will need two senior farmers. One will be responsible for growing the vegetables for the CSA and the other for the vegetables sold to restaurants and at markets. Both will need to be very skilled and experienced farmers. Thus far we have one farmer chosen and there is one position still available. Urban agriculture is a very fast growing field, with tones of potential. This is a great opportunity for farmers with market gardening experience who have been growing food in rural areas to try something new and bring their expertise to a different form of farming. It is also a great opportunity to make significant contributions to a growing business and try out new ideas.

We will be hosting CRAFT interns in the next growing season as well as **hiring two assistant farmers**. Again this is a great opportunity to get experience in a growing field. If you or anyone you know are interested, please contact us early to discuss the different options.

Additionally, we **will need to increase the amount of yard space in cultivation**. We are very eager to connect with people who have space in their yards which they would like to share with our small business. This is a great way to make a contribution to the community without having to lift a finger (unless you want to of course!). You will also help the environment by increasing biodiversity. There is more information on the benefits of sharing your yard space with us on our website. Please see the attached questionnaire if yourself or anyone you know is interested in this opportunity. We are looking for yards which are at least 1000 feet squared with lots of sun. Thank you very much in advance for considering sharing your yard with Backyard Bounty and a huge thanks to our current homeowners!

Sign up early for your Backyard Bounty Box and secure a spot. Here are the costs:

CSA Shares	Half	Full	Note
Returning Members by Feb 28	\$250	\$450	Save \$45
Homeowners by Feb 28	\$225	\$425	Pay deposit by Nov 30
New members by Feb 28	\$275	\$475	Save \$20
All members after Feb 28	\$295	\$495	Save \$95 on Full share

Visit our website:

www.backyardbounty.ca



In this weeks share! And...Recipes

This weeks CSA veggies included: squash, leeks, mesclun, beets, squash, Jerusalem artichokes, radishes, herbs, and hot peppers.

Featured Veggies: Cayenne Peppers

The cayenne pepper is a member of the nightshade family (alongside tomatoes and potatoes) and of the genus *Capsicum* (along with other chili peppers). This pepper's scientific name is *Capsicum annuum* and it's common name "cayenne" was actually given to this pepper because it was initially cultivated in a town called Cayenne in French Guiana on the northeast coast of South America.

Cayenne peppers originated in Central and South America where they have been used for seven thousand years! The peppers were initially cultivated as a decorative item and later became incorporated into the cuisine and medicines, making this region's cuisine renowned for their hot and spicy flavors in present times.

Cayenne pepper is an excellent source of vitamin A, and a good source of vitamin C, K and B6, manganese, and dietary fibre.

All chili peppers, including cayenne, contain capsaicin, which in addition to giving cayenne its characteristic heat, is a potent

inhibitor of substance P, a neuropeptide associated with inflammatory processes. Capsaicin helps to delay the onset of arthritis, and reduces inflammation and pain and in general is associated with arthritis. It has cardiovascular benefits, clears congestion, boosts immune systems, contributes to weight loss and contrary to popular belief that they cause stomach ulcers, hot peppers actually prevent stomach ulcers!

Cayenne pepper should be kept in a tightly sealed glass jar, away from direct sunlight.

A Few Quick Serving Ideas:

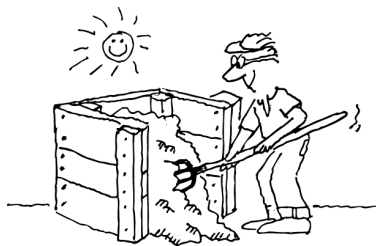
- Add cayenne to any vegetable sauté or stew.
- Keep a container of cayenne on the table right next to the pepper mill, so you and your family can add a pinch of extra spice to any of your meals.
- Give your hot cocoa a traditional Mexican flair by adding a tiny bit of cayenne pepper.
- Add cayenne to canned beans to give it a whole new dimension.
- Cayenne and lemon juice make great complements to cooked bitter greens such as collards, kale and rapini.

George Mateljan Foundation, <http://www.whfoods.com>

Putting in a composter or compost

The fall is a fine time to put a composter in and start putting nutrients back into the soil.

Here are some steps to follow to get your composting going:



1. You can buy composters from the City of Guelph at the Guelph Eco Days (this weekend, see Guelph.ca)... Or, you can build a composter! See <http://www.rrfb.com/pages/compost/complan.html> for some different ideas. A pile in the corner of your property will work just as well; it doesn't take a fancy machine to compost – just time!

2. Once the composter is installed, start it with some twigs and dried leaves. You can reuse or build another container next to your composter to keep leaves and twigs so that you can use them after the fall is over.

3. Keep a small container in your kitchen to collect the food scraps. All plant, vegetable and fruit scraps as well as egg shells, coffee grinds and tea bags are great for composting. Do not add meat or dairy as it will attract visitors! Cut up pieces into cubes 2x2 inches to speed up the process. Each time you add some compost from the kitchen, add some leaves. The leaves help to add air and carbon to the mix.

4. Keep a pitch fork or a big stick close to your composter so that you can stir your compost every month or so. The more you stir it, the faster the material will make a nice compost. With good conditions, compost will be ready in three months.

You can compost in the winter. The process will slow down, but it is unlikely to freeze as the decomposition process generates heat. Either way, the composting will start up again in the spring.

