

AOVS URBAN FARM NEWSLETTER

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Farm Update

Becca's Farewell

As many of y'all have already heard, I am moving to Florida at the beginning of June. My husband and I will be staying on a piece of land that my family owns with the hopes of turning that property into a farm!

It has been a dream of mine for years to start a farm for veterans. I did not serve in the military and knew little of that world, but being the life partner to a combat veteran has given me a whole lot of insight into the struggles of re-entry, finding purpose, navigating the VA, and connecting with others.

During my time working on farms, I have seen firsthand how transformative and powerful working the land and growing food for others can be. Self-discovery, compassion, sustainability, and the art of surrender are nearly impossible to avoid in the field. As much as the food grown nourishes the bellies of those who feast upon it, the very act of gardening feeds the spirits of those who participate.

As the Community Garden Organizer for this project, I have tried to share the magic of farming and gardening with all of y'all here at Alpha Omega. Growing food gives us a framework for connection- from swapping recipes to garden tips to what kind of farm our grandparents had. It gives us the time and space to connect with nature, with others, and with ourselves.



Thank you all for this chance to connect with Alpha Omega. I feel fortunate to have had the opportunity to work here in a field (ha- no pun intended) I am so passionate about. I have enjoyed getting to know y'all, hearing your stories, and learning from you.

I'm grateful for the meals we have shared together and the produce you've let me grow and force into your refrigerators. Thanks for telling me your recipes and cooking new foods that you might not have tried before.

I'm forever grateful to the farm team for making the farm an enjoyable place to work yourself into exhaustion in the middle of a Memphis summer. I'm so proud of the work we've accomplished in just over 2 years. It wasn't an easy decision to leave, but I feel good about making this transition when the farm is thriving like it is.

I will certainly miss the folks around Alpha Omega. The AOVS Urban Farm will always be very near and dear to me. Stay safe and be well AOVS!



Featured Harvest

Late Spring

It may already feel like summer, but we all know this ain't nothin'. The truth is, it's only late spring (according to our crops and just how hot we know it will be come July).

The tomatoes and peppers have been planted in the fields- but as we await their arrival we have tons of spring goodies to be excited about. From left to right, clockwise:

- Hakurei turnips (aka Salad turnips, Tokyo turnips)- my favorite! These turnips can be eaten raw or cooked. They are sweet. Great for salads, eating like an apple, or roasting in the oven with other root veggies
- Carrots- these beauties have been in the field since winter and finally ready to make their debut. Perfect for roasting or snacking.
- Swiss chard- one of the most hearty greens we grow. You can eat both the leaves and the stems. Great chopped up in salads, thrown in a skillet with other veggies, or cooked down with a ham hock.
- Purple top turnips- these traditional turnips are tasty when roasted in the oven, boiled, mashed try (with mashed potatoes), or sliced into wedges and baked to make turnip fries.

