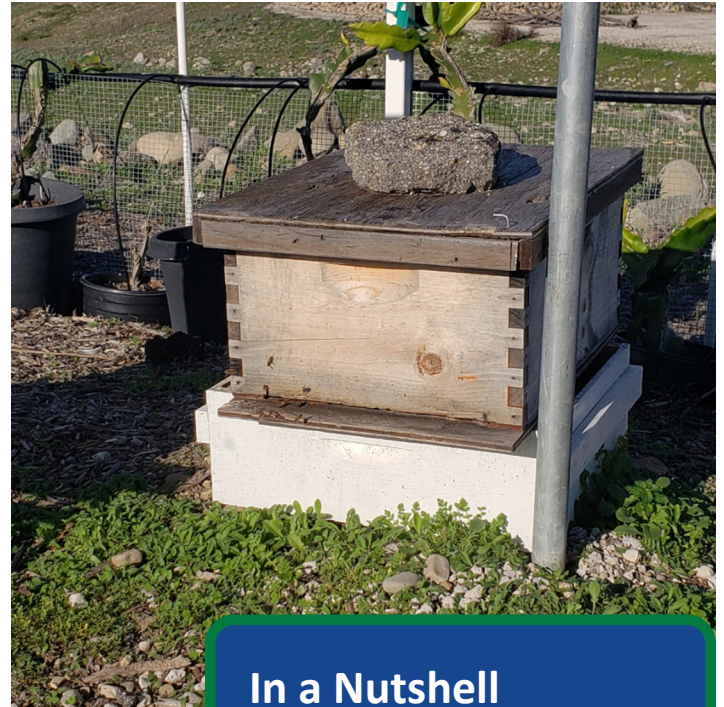


# VCAAA Senior Nutrition Farm

January 2023 Newsletter



## Highlights

Our chickens are thriving and the practice of naming them after either Farm Managers or VCAAA employees continues. Bill, Diane, Bob, Giuseppe, Evan, Gray, Monique, Patti, and Brian make up our growing flock.

And the chickens have new neighbors! On a far corner of the Farm, a swarm of bees has been installed. Pollinators are critical to the success of the Farm, and Farm Managers have encouraged putting pollinator plants around the Farm to attract bees, butterflies, and birds. The temporary home for the bees is shown above right.



## Harvests & Planting

Mid-winter means a lot of dark, leafy greens! Kale, arugula, chard, and collards all ready for picking. Radishes and other root veggies are almost ready, as are peas. Our citrus trees are fruiting abundantly, and the bananas are ripening too.

## In a Nutshell

The atmospheric rivers that deluged Ventura County in late December and early January set back some projects at the Farm, but thankfully left no lasting damage.

Work on seedlings in the greenhouse continued, ensuring the Farm will have a range of crops ready for late-winter planting.

In early January, the focus shifted to "plant care," where the Farm Managers' priorities include thinning the rows and weeding. Of course, this is in addition to the weekly harvests that occur regardless of Mother Nature's plans.



# Our Volunteers in Action

Volunteers remain the lifeblood of the Farm. Whether it's individuals or groups, the Farm relies on volunteers for its productivity. The reasons for volunteering vary: some come to learn more about organic gardening and farming practices, others because the environment is healthy and welcoming, and some come to enjoy nature and check out the chickens. Whatever the reason and for whatever amount of time, the Farm Managers welcome all volunteers!

Groups that have made a difference include the Cate School of Carpinteria, Cal State Channel Islands' Health Sciences, Ventura County Credit Union, La Reina School of Thousand Oaks, Wild + Free, Bank of America, Amgen, and Tree Top.

The individuals that volunteer at the Farm are wonderfully talented, and



their creativity is often astonishing. Karl Yost is one such volunteer.

In 2021, Karl was instrumental in building the dragon fruit support fencing, while in 2022 he has led efforts to build our chicken coop/run along with the Farm's electrical cabinet/storage station and the shade structure for the outdoor classroom.

Our volunteers are our lifeline. Come out and join the fun!



Join us at the Farm by becoming a volunteer!

Contact Leslie Suarez at (805) 477-7354 or [leslie.suarez@ventura.org](mailto:leslie.suarez@ventura.org), or visit [vcaaa.org/volunteer](http://vcaaa.org/volunteer)

**Farm Hours:**  
Monday-Friday  
9am-Noon

# Thanks to Our Donors

Operating in a heavily agricultural county has its benefits. Organizations and individuals that believe in the mission of the Senior Nutrition Farm have provided incalculable support over the years. Annette Reed has generously donated sails for covering our new outdoor classroom (above left) and the produce washing station. The Renogy corporation donated five solar panels to power our greenhouse. Clancy Thost donated our swarm of bees and the Ventura County Organic Gardening Club donated their permanent bee box home.

Help support the Farm's operations and future growth by making a donation at [vcaafoundation.org](http://vcaafoundation.org)!



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