

Shumei CSA Newsletter: Seventh Issue

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Summer Farm News

One word can describe summer for us, BUSY !! We were so busy that Fall has seemed to sneak up on us rather quickly. At the farm we are asking ourselves, where did the summer weather go? We had a few weeks where the temperature rose to above 90 degrees and even two days of 104 degrees. But, other than that it has been very cool for summertime up here in Bonny Doon. You might wonder what effect does it have on the vegetables that we are trying to grow? Most of the vegetables are producing their crops much later than usual. This is how Natural Agriculture works. You just go with the flow of nature, and not try and control it. If we were an organic farm, we would be boosting our plants with fertilizers to try and compensate for the cooler weather. Production would be up and the plants would not be affected by the climate. Nature needs us to work with her, not against her.

In June and July we were busy seeding our winter crops in the greenhouse. In August and September we have been transplanting the crops that we seeded in the greenhouse out into the field. They are already growing well. We have been weeding, harvesting, and participating in our local farmer's markets. Most of the summer was also spent on preparing for our open farm event on Sept. 5th. Our first Open Farm Community Day featuring booths from local Bonny Dooners was a huge success. It was the first time we

experienced 402 visitors at the farm. We will hold an open farm event and community day every year from now on. It brought us much joy to see everyone having a wonderful time. We love our local Bonny Doon Vendors, and we appreciate their efforts in making this community day a fun day for everyone.

Our winter crops that we have seeded in the greenhouse have been transplanted out in the field, and they are growing nicely. We transplanted romaine lettuce, green and red cabbage, kale, and broccoli. Carrots, beets, and swiss chard are showing good growth rate. It is a race with the weeds in making sure the vegetables have a healthy growth rate. We are constantly weeding.



Profile of Farm Member: Sam Maruyama

Very, very, hardworking is what comes to mind when you get to know Sam. He is a man of few words, but when he speaks everyone listens to his words of truth. He uses humor to express his feelings, and sometimes has us laughing while doing our work. An experienced farmer from Japan, when he first left his homeland, he worked on a wheat farm in Canada. His days were filled with helping the farmer/owner operate a combine machine/tractor which harvested the wheat and separated the wheat kernels from the sheaf.

The small city of Kagoshima, is where Sam was born on March 3, 1970 as Kaoru Maruyama., where he lived until he was 18 years old. Upon graduating from high school, he immediately started working for an engineering company (machinery control programming) in the sales department, for 5 years. At 23 years old Sam decided to become a Shumei Member. It improved his life so much, that from age 23 to 25 years old he dedicated himself to the study of the Shumei philosophy. He became a Shumei worker while living at headquarters in Misono. He was there for 6 years and the first two years he worked basic training and rotated to different departments. He jokingly says that he enjoyed the cooking department the best. It was not because he loved cooking, he loved eating, and having access to more tasty food, made everything more pleasurable for Sam. After Sam worked two years he was assigned to Meishusama Hall maintenance department.

After working for 6 years in Misono, he later went to work in the Natural Agriculture department for 6 months, and it was then that he was asked to work at a Shumei Natural Agriculture wheat farm in Alberta, Canada. There were over 5000 acres of wheat fields that he helped the farm owner harvest for 5 years. Because of his visa expiring, he had to move on to another country, or go back to Japan.

Headquarters offered him a position as a farmer at Shumei Santa Cruz Farm in 2006. Sam loves what he does here in Santa Cruz, and would like to see more people use the Natural Agriculture method applied to their own gardens, and the growing of their vegetables. He feels if this philosophy was appreciated and adopted by more people, the environment would have a chance to renew itself, as well as contributing to the better health of society.

What does Sam like to do in his spare time? He likes to delve into photography, (capturing great shots of our vegetables growing here at the farm), also, he loves shooting videos (he made a slideshow of the farm – it is posted on You Tube). Traveling is one of his fun things to do, and he recently came back from a trip to Italy. He appreciates fine cuisine, and likes to watch sports on TV, such as football, soccer, and hockey. He sounds like an all-American to me !! Oh, and by the way, he is ready to find that special someone, and start a family someday.



Other Farm News

Shumei Farm Featured in the Sentinel

In May our farm was interviewed by a reporter from the Santa Cruz Sentinel. Romaine toured the farm and asked many interesting questions of our farm staff. He was very impressed with the Shumei philosophy, so much so, that he wrote up a beautiful article and posted it in the Sentinel. Hopefully, the general public will want to try growing vegetables using the Natural Agriculture method in their own yards and adopt the Shumei philosophy which will enable them to connect more with nature, and not want to control it.

Meditation Garden

The first phase of our meditation garden was completed in mid-July. When you wander the paths through the forest, you will find many rustic benches constructed from the dead trees that were cut down. We made use of the beautiful wood to create natural seats to use for your meditation practice. There is an arbor made out of redwood branches and a whimsical bench made from redwood branches



also. We just used what nature provided and at the same time it lowered the cost of construction. Please come and enjoy the serenity of the garden. Phase II of the garden will start sometime soon, and new things will be built

Community Garden Plot

In May of this year we started a community garden for our CSA Members. It is only \$10.00 a month for a 10X20 or a 20X20 plot. Masaharu tills the ground first, then after the CSA gardener seeds or transplants their vegetables in their plot, he sets up the irrigation tape for them. Members come and weed their gardens, and give their vegetables loving care and good energy. Community garden members get their seeds and seedling start-ups directly from the farm. The seedlings are started in the greenhouses. Our current CSA Community Garden Members are Kathy and Wendy, Lee, Michiyo, and Masahide. When you pick up your CSA box, please check out their garden plots and see how they have grown vegetables with the Natural Agriculture method successfully!! We have much gratitude for our CSA members!!



WWOOFers (World Wide Organization of Organic Farmers)

(Volunteers working on farms in exchange for meals and a place to stay)

In June we had two WWOOFer's . Kaliana from Wisconsin, who has a B.S. degree in Environmental Studies, who left to go back to school and obtain her masters degree, and Natalie from L.A., who has a masters degree in Microbiology, and has entered into the Ph.D program at UCLA. They were overjoyed to learn about Natural Agriculture, and will take the precious knowledge they learned while staying here and apply it to wherever they go. Our WWOOFers are often amazed at the delicious flavor of the crops grown by Natural Agriculture methods.

In July we hosted a WWOOFer named Jed, who came from Stockton. He was in his 2nd year of college, and was undecided what direction of study he would take. After working here at the farm, he is strongly thinking about becoming a Natural Agriculture farmer. Then Luke came along from S.F., who was not going to college, but just wanted to experience farm life. He was an experienced naturalist and was very connected to nature, and during his stay here he would often point out different edible and inedible plants and weeds while working in the field.

Kim was here from August to the end of September and she came from New Orleans. She

didn't finish college although she was well into her third year. She wanted to take a break from it all and just experience the farm life and become reconnected with nature. She had a bright and sunny disposition that would brighten anyone's day. Kaija was with us for one month from August to September, and her home is in Palo Alto. She is an environmentalist major with a minor in forestry and a graduate from UC Berkeley. She doesn't know what her goals are just yet, but while here she greatly appreciated how we grow vegetables and will surely apply the N/A method when growing anything wherever she is. Currently, Ginny is with us from Indianapolis, Indiana. She has a B.S. degree in Chemistry, and has been having fun this summer learning a lot about farming while WWOOFing at different farms. She has an interest in growing and harvesting vegetables, and is especially interested in our methods. She plays guitar and sings which brings cheer to our Shumei farm community. Maggie who is 18 years old is from the East Coast, (Conneticut) and just graduated from High School. Before going off to college she wants to reconnect with nature and do some farming. She picked our farm to WWOOF at because she appreciated our N/A philosophy. She will be with us for 2 months. We love and appreciate our WWOOFers !! They are very hard workers, and are of great help to us.



Nature Can Teach Us Everything

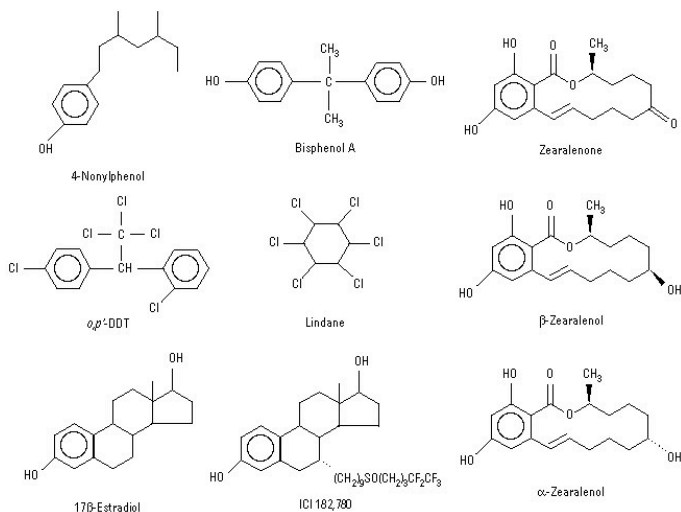
Our founder of Natural Agriculture believed that “man is born to be healthy”. We are on earth for a purpose. Mankind’s mission is to create a world of truth, virtue, and beauty. To that end, each of us needs good health to accomplish his or her life’s task, because without strength and vitality an individual’s goals will not be achieved. Therefore, health must be man’s normal condition, and illness is unnatural. Just like growing vegetables, using the Natural Agriculture method, the plant is naturally healthy, but if the growing process is controlled by adding things to the soil and the plant or the seed, (such as fertilizers, pesticides, herbicides, or GMO’s) then the natural processes will be disrupted, and the health of the plant will be compromised. According to Mokichi Okada (Meishusama), good health depends on a



harmonious adaptation to nature based on an overriding respect for nature. Shumei believes that people’s health can be restored to its natural and normal condition through a healthy diet and healthy lifestyle that are in harmony with nature. The life force that is emitted by all food is the essential source of nutrition.

Foods produced by nature are best for sustaining human life. Though different from region to region, foods in each local are consistently suitable for the people native to that climate. Therefore, we are better off trying to live in accord with nature and eating what is harvested in our own regional environment.

Vegetables That Fight Abdominal Fat



I bet you didn't know that there is a specific class of vegetables that contain very specific phytonutrients that actually help to fight against stubborn belly fat. First, I will explain the chemicals that force your body to hold onto belly fat.

Something you may have never heard about is that certain chemicals in our food supply and our environment, such as pesticides, herbicides, and certain petrochemicals from air and water pollution, household cleaners, cosmetics, etc., can react with your body and make your body store excess abdominal fat.

These chemicals are known as xenoestrogens.

Xenoestrogens are chemicals that you are exposed to (and are hard to avoid in the modern world) that have an estrogenic effect in your body. Excess exposure to these can cause hormone balance disruptions for both men and women. So these can wreak havoc in the body for both guys and gals.

These estrogenic chemicals that we are exposed to on a daily basis can stimulate your body to store belly fat, along with many other problems

(including cancer risks in the long term).

Cruciferous vegetables such as broccoli, cauliflower, brussell sprouts, kale, cabbage, etc. contain very specific and unique phytonutrients such as indole-3-carbinol (I3C) that help to fight against these estrogenic compounds. And by fighting against these belly fat stimulating estrogenic chemicals, this is just one (1) more step in helping you to win the battle against abdominal fat !



So there you go, just one more reason to eat vegetables grown using Natural Agriculture methods. Pure food, from live natural soil, equals a healthy body and environment. It is best to do what Mom told you too.....eat your broccoli ! (Natural Agriculture broccoli that is !)

