

CSA NEWSLETTER

Meet the Garcia Brothers, Palemon and Uvi

We want to introduce you to Palemon and Uvi, two brothers who oversee field preparation, direct seeding, compost making, and harvest specialty crops. Palemon and Uvi have worked on the farm for almost my entire life! I also grew up with Palemon's two stepdaughters, Marisol and Marina.

Palemon and Uvi learned how to farm from their parents in Mexico. They grew corn, beans, sweet potatoes, pineapples, oranges, bananas, papayas, and coffee. Palemon originally used bulls to plow and then eventually switched to horses. Most of the crops that they grew were to feed their family, but sometimes they had extra corn or beans that they could sell.

In 1996, they immigrated to Philomath and have done almost every task at GTF in their 28 years here. Today, their primary focus is making our compost, preparing the ground inside the 44 greenhouses, and all our growing acres outside, they direct seed crops, and use a harvester for beets, beans, and carrots. They also build our greenhouses and work on infrastructure projects during the winter. They use 7 different tractors to plow, disc, spread compost, apply amendments, and harrow the fields before we start transplanting. Palemon enjoys discing and power harrowing the fields. Uvi's favorite jobs are applying the amendments with a drop spreader and using a chainsaw.

The brothers make about 800 tons of compost a year. The main components are leaves, chicken and rabbit manure, and water. These ingredients are piled in long windrows and turned with a very large compost turner that is pulled behind a tractor. The temperature in the piles starts at 85 F, heats up to 145 F, and then cools down to 120 F when it's ready to be applied to our fields.

All of GTF's direct seeded crops such as carrots, beets, beans, mustards, spinach, dill, cilantro, turnips, parsnips, and radishes, are seeded by Pale and Uvi. They use a large carrot digger for harvesting bulk carrots and in 10 minutes, they can harvest 700 pounds. Using a green bean harvester, they can pick 200 pounds of green beans in about 15 minutes. We thank Palemon and Uvi for their hard work, skill, and dedication to growing outstanding food for all of us! Haylee



Uvi and Palemon in front of the compost turner

VEGGIE LIST

NICOLA POTATOES

CABBAGE

BUNCHED CARROTS

OREGANO

LETTUCE

SUMMER SQUASH

PERSIAN CUCUMBERS

GREEN BELL PEPPERS

YELLOW ONIONS

GARLIC

TOMATO

Go crazy and slaw everything

- 1.5 cups zucchini or any summer squash, roughly grated
- 1.5 cups carrot, roughly grated
- Any amount of cabbage you want
- Optional: finely chopped onion or scallions, green bell pepper, scallions. Add raisins and pepitas if you'd like more texture
- 1/2 cup yogurt
- 2 tablespoons mayo
- 1 teaspoon dijon
- 1 tablespoon granulated sugar or honey
- 1 lime, juiced (I also add a splash of apple cider vinegar)
- Cilantro

Mix it all, and let sit for a bit in the fridge before serving.

Uvi and Palemon by windrows of compost



Rotating compost



We'd love to see what you're doing with your CSA box! Tag us [@GatheringTogetherFarm](#)