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POTOMAC VEGETABLE FARMS
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Welcome Note from Hana

by Hana Newcomb

Welcome to the 22nd year of the CSA! When this program started, we could fit all our deliveries into a VW Bug, and most of the bags went to little screened porches in Arlington. There was no way to offer choices (this was before the internet was so easy), so members just looked in the bag to see what they got each week. In recent years we have changed our model, gradually moving toward more customizable shares. While this makes all of us happy, we still encourage you to be adventurous

Who Are You?

Whether you're a first-year member or you've been with us from the beginning, we're deeply grateful to be in community with you, and we'd love to hear from you. Send us a note at pvfnewsletter@gmail.com and tell us about the meals you cooked, what produce you're looking forward to receiving, and how it feels to be in community with the other 500+ members of our CSA. We couldn't do this without you.

and try something new. Just because you don't know what a garlic scape is doesn't mean you might not end up loving it. We have trained thousands of cooks to appreciate the beauty and flexibility of Swiss chard. We hope you will expand your idea of salad. And we really hope that eating with the seasons becomes and/or remains a lifelong habit for

you. I can't even eat grocery store vegetables any more because I find the flavors so disappointing.

Enjoy this season of greens. In about a month, the leafy season will be over, and it won't be back until the cool weather returns.

Thank you for joining us. It looks like this will be a great vegetable year. The plants look fabulous, and no, I don't always say that.

Dirt Under Our Fingernails

Recently we planted:

- tomatoes
- cherry tomatoes
- hot peppers
- sweet peppers
- parsley
- flowers
- squash (transplants + seeds)
- cucumber (seeds)
- eggplant
- sweet potatoes (from slips)
- sorrel



Spring onions and broccoli on display at the Reston Farmers Market on May 22, 2021.

Meet Our Farmers (With More to Come Next Issue)



Colleen, she/her

This is my first season at PVF! My journey to this farm this summer started when a dear friend of mine texted me “I got an ad for this program and i think it was for you” and a link to the website for the 2019 Root to Rise summer program. Root to Rise was a one week young women’s leadership program focusing the legacies of soil and farming as related to social and racial justice that was run on the farm. I attended, and that one week here had me hooked. I knew I wanted to come back in some capacity, so when it came time to find a summer job to finish my gap year off with, this was at the top of my list. Funnily enough, Sophia and Julia, who ran Root to Rise, swear they never ran any ads, so it may have been some kind of fate that brought me here. Some of my hopes and dreams for this summer include: writing more, finishing the small tapestry weaving I’m working on, making an herbal salve with chickweed and broadleaf plantain, developing good routines, building myself some window boxes, celebrating the summer solstice with dear friends, and stuffing myself with fresh PVF blueberries like a bear who knows what life is about.

Sven Jansen, he/him

This is my first season at PVF. I’m from Cape Town, South Africa. Currently studying sustainable development at GMU. For the next 25 weeks I hope to learn as much as I can about farming. My long term goal is to have a farm in the USA and South Africa. I am also on a journey to get back the farms that once belonged to my family in South Africa.



Olivia Murphy, she/her

This is my third full season working at PVF and I have stayed because I’m darned hooked on touching brown dirt and plants growing all colors of the rainbow every day. Also there are really great weekly potlucks here and sexy knowledgeable farmers to be friends with. I hope to grow food and be in conversation with land all my life, and here I learn something new about a crop or an insect, about efficiency or body ergonomics, with every task, and the tasks never end. What a blessing. This season I hope to swim twice as much as I did last year, take a little more time for myself, and be an energetic resource for my coworkers, who are all darlings.

Stephen, he/him

I’ve been at PVF for 33 seasons. I’ve stuck around because I love my family, I love this land, and I believe deeply in the transformative potential of a place-based community committed to addressing the deepest contractions and imbalances of our society. This season I hope to finish building the woodshop, build a worker clubhouse in the loft of the tractor barn, and then I feel really committed to the idea of building a wood fired hot tub out of old refrigerators.





Cody Evans, he/him

This is my first season, changing career paths from 10 years in culinary arts to agriculture/horticulture. I hope to learn as much as possible about regenerative farming and develop skills/knowledge I can take on with me in this field. Outside of PVF, I'd like to gain 10 lbs of muscle mass and get to a festival or two.



Anna Newcomb, she/her

I began working at PVF in the 60s as the child of back-to-the-earth parents learning to farm. I have worked for the last 5 (or so) seasons, canning tomato sauce, apple butter, and apple sauce with hubby Gordon for the winter CSA.

I have spent every summer of my life on the farm - but not always working - and stuck around because I recognized it would be a lot easier to raise children with near family than apart from them. Two of the three boys raised here are now permanent fixtures (Stephen & Michael). Well done me. My ambition for the next 25 weeks at PVF is to create and implement a sign system for the markets that is clean, creative, flexible, manageable, and attractive. My ambition for the next 25 weeks at work is to inspire at least 10 surgeons who are directors of resident education in their hospital systems to implement relationship-focused/patient-centered communication training modules for their surgical residents. Honestly, I think the former might be more of a stretch, but I'm all about the long game.

Annie, she/her

This is my first season! I graduated from UVA in May of 2020 where I majored in environmental science and global sustainability. I've always loved food and became interested in sustainable and regenerative agriculture as I continued my studies — the perfect crossover between food, flavor, and sustainability. After taking some classes in sustainable development I realized sustainable agriculture can also be a powerful tool to increase yields for smallholders and reduce rural poverty. Food is one of the most meaningful ways humans connect with the land on a daily basis, though much of that connection has been lost due to a lack of transparency within the agriculture industry. Anywho, once I graduated I wanted to experience sustainable farming first hand and spend time outside after four years in libraries — thus, I found PVF. In the future, I hope to maybe work in sustainability policy relating to agriculture, such as work being done at organizations like the FAO or IFAD, or work on the intersection between sustainability and flavor with chefs and seed companies devoted to this pursuit. In the short term, my goals are to work on my extremely-meager-but-improving-slowly drawing skills and other creative pursuits including paper marbling and cyanotypes — and of course my long term love: photography. I want to keep cooking and baking more and more and more, and in particular learn how to better cook with vegetables! I believe I've come to the right place in this regard.





hc, they/them

After five years of sitting under fluorescent lights, supporting a national movement to redistribute food surplus on college campuses, it was time to move on to something new. Listening to my heart and my dreams led me out of DC in October 2020, and I spent the winter waiting until farms posted their “we’re hiring” messages. With encouragement from

my queer community, I submitted an application to PVF and crossed my fingers. Here I am now, more than two months into the season and absolutely loving it. Over the next 25 weeks, I’ll be the managing editor of this here newsletter. I hope you like what we create. Beyond my PVF responsibilities, I’m studying community herbalism, casting spells with Moon, and creating all kinds of kitchen magic.

Mariette Hiu Newcomb, she/her

Farm and family name: Hiu (never Hui)

I have worked on the CSA since the beginning. I fully support the CSA concept and like helping out with it wherever, whenever needed. Over the next 25 weeks, I aspire to stay healthy, get to know everyone on both farms, re-organize my office and pass on admin tasks to others, get my piano tuned and play it more, do more recreational reading and painting.



Sydney Morrison, she/her

First season at PVF. Worked in theatre until the pandemic started, then took the opportunity to work at a three acre farm in Derwood, MD. Went looking for something a little bigger and badder, and found PVF. Over the next 25 weeks I aim to learn as much as I can about growing plants, giving back to the soil, and feeding my community. I’d love to make some meaningful and lasting connections with my team, and explore a bit more about myself along the way. I hope to understand more fully how important the role of ecoganic farming plays in our future.



Rachel Udall, she/her

This is my first season on this or any farm, and I could not be enjoying it more! I spent my high school years just a stone throw away from the Vienna farm, but only learned of PVF’s existence last year while searching for sustainable agriculture jobs in the area. As a vegan, I felt a call and responsibility to work with vegetables since I eat at least half the world’s supply of them any given week - plus I just love playing in dirt. Every day is a blessing to be able to work outside, grow good food, and be surrounded by some of the loveliest people you can meet. I am looking forward to spending many more days in the fields and winning many more PVF rock competitions with my stunning (if I do say so myself) collection of stones.

