



The Backyard Farmer

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Words from the Farmers



Here we sit in front of the fire with snow on the ground reminiscing about our 2009 farming season. It was the first year for our small company, yet a very successful one even given the challenge of the coldest summer in years. We have had the wonderful opportunity of meeting such an amazing group of people from families who want to know where their food is coming from to those who love to watch their veggies grow without the weeding, an other more tedious parts of farming.

There were many things which went well this first year. Our team installed 31 gardens for folks all over the metro area - Chaska, Princeton, Brooklyn Center, Golden Valley, Minneapolis and St. Paul. We placed gardens in backyards, front yards, boulevards, apartment complexes, and patios. The smallest being a 4x4 bed and the largest being 3 4x8 beds. Of the 31 gardens, we maintained 14, planting and harvesting a variety of herbs and vegetables according to each families preferences. Our tiny plants grew well in our greenhouse supplied by our friend Pat and they were happy to be placed in their new homes in your yards.

We are gearing up for our 2010 season. The green house has been assembled and the seeds have arrived. New customers are calling and the busy time is just around the corner. One of the new additions to this season is we now

have A Backyard Farm Facebook page!! Check it out and become a Fan. We will be posting on it regularly and it will be a way for our customers to connect with each other. Also, this year we will be hosting a booth at The Minneapolis Home and Garden Show on Feb 24th-28th at the Convention Center in downtown Minneapolis. We will be in the Green Section, so stop by and give us a hello!

Time to plan your 2010 garden!
Those of you who want maintenance services for this year, let us know what veggies you want so we can start your seedlings growing. The last page of this newsletter contains our vegetable list for this year. Please take a look and email, land mail or call with the vegetables you wish us to grow for you.



Great Savings:



Purchase garden beds before March 15th, 2010 and receive \$50.00 off your installation!

Already own a Backyard Farm garden bed? Purchase a maintenance package for the 2010 season by March 1st and receive 2 weeks free maintenance!



Spring 2010 Timeline

- Minneapolis Home and Garden Show: February 24th - 28th.
www.homeandgardenshow.com
- Cool weather seedlings start date: February 15th!
- Covering garden beds with domes to warm the soil starts the week of March 1st.
- ABYF spring specials end March 15th.
- Spring planting begins the first week of April.
- Summer vegetables go in beginning May 10th.
- Last date for summer vegetable planting is June 1st.

What's Growing?

Tip of the Month:

When you mix your seed starting mix add a little cinnamon to the batch. It will help discourage damping off disease and growth of fungus. If fungus does appear spray seedlings with a dose of chamomile tea. Both of these measures are great healthy ways to combat natural plant issues.



Cooper's Corner:

Yes, this is where I perch to supervise all of the garden beds which are handmade by A Backyard Farm. My job of running this company is harder than many of you realize. I have to chew on each board to make sure it meets my standards. The act of smelling each nail can take me all day. I look forward to helping build each bed for you.



Recipe of the Month

Potato, Bacon, and Leek Soup

- 6 big potatoes
- 6 cups of vegetable broth
- 1/2 pound of bacon
- 2 Tbsp butter
- 3 big or 6 med. leeks
- 1 onion chopped
- 3 cloves garlic
- 1 1/2 cups corn, roasted cauliflower or other cooked veggies of your choice
- 1 1/2 cups mushrooms
- 1 cup half & half
- Parmesan cheese
- Tobasco sauce
- salt
- pepper
- Serve with crusty bread!

I have created this recipe to be changed a bit every time its prepared - have fun with it and add or take away as you like.

Peel and dice potatoes; place in big soup pot on stove; bring to a boil. Once the potatoes are soft, mash lightly with a potato masher - don't over do or you will have mash potato soup!

While the potatoes boil, - cut the raw bacon up into bits, saute in separate sauce pan. Once the bacon is cooked, put it aside but leave a little bacon fat in the pan - add butter (if you are watching your waist line - use olive oil). Add leeks, onion and

garlic - saute until translucent . Add mushrooms about 5 minutes into cook time. Once leeks and onions are translucent - add bacon and veggies to potato soup pot

During the summer - roast the corn on the barbecue - and use roasted corn instead - yummy!

Add about a cup of cream to help thicken. I toss in a little parmesan for flavor - but you can actually use any cheese you have on hand (I even used brie once). Add tobasco, salt, and pepper to taste - serve.

Vegetable Selection

Review this list if you want the maintenance service and email your choices to us. Put a number by each item indicating how many plants you'd like - or just mark an X to indicate you would like to have a little of this veggie. For those items you like a lot, put a number or a double XX.

Spring Season Choices	Summer Season Choices	Fall Season Choices	Multi-Season choices
Arugula	Bean – Bush	Arugula	Beets
Asian Salad Greens	Bean-Asian Long	Kale	Carrots
Broccoli	Cucumbers	Kohlrabi	Chard
Broccoli Raab	Cuke Nuts	Radish	Lettuce – Boston/Bibb
Brussel Sprouts	Edamame	Spinach	Lettuce – Butterhead
Cabbage	Eggplant – Regular	Turnip	Lettuce – Leaf
Cauliflower	Eggplant –Miniature		Lettuce –Romaine/Kos
Kale	Mini Pumpkins		Mustard Greens
Kohlrabi	Peppers – Hot Jalapeno, Poblano/Ancho		
Leeks	Peppers – Sweet		
Onions- Bulbing	Peppers- Bell		
Onions-Green	Rutabaga		
Parsnips	Squash – Acorn		
Peas – Snow	Squash – Butternut		
Peas – Sugar Snap	Tomatoes – Cherry Sun Sugar(Orange), Sweet Million(Red) Black Cherry		
Potatoes	Tomatoes – Heirloom Brandywine, Peach, Stupice, Black Krim, Box Car Willie		
Radish	Tomatoes – Roma San Marzano		
Spinach	Tomatoes – Slicing Early Girl, Big Beef		
Turnip	Zucchini		

Herb Selection

Basil	Chives	Cilantro	Cutting Celery
Dill	Fennel	Oregano	Parsley
Rosemary	Sage	Thyme	Tarragon
Mint	Marigolds	Nasturiums	Marjoram