

1: Before We Eat: From Farm to Table: Pat Brisson, Mary Azarian: www.enganchecubano.com: Books

FARM TO TABLE distributes locally grown farm products to area restaurants, commercial kitchens, cafeterias, and independent grocery stores. Our products include fruits, vegetables, cage-free eggs, herbs, cheese, grass-fed beef and lamb, pasture-raised chicken, and pork, all raised without hormones or antibiotics.

Although your supermarket may be just a few blocks or miles from where you live, the brightly colored lettuce, carrots, and tomatoes in your shopping cart probably came from hundreds or even thousands of miles away. As we discovered, growing and transporting top-quality organic produce to markets all over the country demands an Olympic level of coordination, ingenuity, science, and labor—and a little bit of luck. Here, we track the entire planting, harvesting, packing, and shipping process for one of the most delicate of organic items: Preparing The Soil At Earthbound, as at any good organic farm, robust soil is the first step to achieving perfect produce. The soil should be rich in nutrients—not just nitrogen, phosphorus, and potassium, but micronutrients, too—as well as alive with microorganisms that help make the nutrients usable by plants and discourage plant pathogens. To maintain the consistently rich soil ideal for baby greens, Earthbound farmers use several techniques, starting with planting cover crops on the land, primarily during the off-season winter months. Cover crops, including Austrian field peas, bell beans, and vetch another legume, excel at providing the soil with nitrogen, which is essential for building the chlorophyll in plants. Turning under cover crops while they are still young stimulates biological activity in the soil that wards off disease-causing bacteria and creates a natural fertility unmatched by chemical fertilizers. After turning under the cover crops, the farmers at Earthbound till natural compost into the soil, which provides beneficial microorganisms and high-quality organic matter. As earthworms, protozoa, and other microorganisms break down organic material into compost, they generate heat, which helps kill unwanted bacteria and seeds that would otherwise grow into weeds. Earthbound Farm waits until its compost reaches between and degrees for at least five days before tilling it into the soil. When the beds are ready for planting, a few weeks after workers have tilled in cover crops or previous crops, a machine plants seeds directly into the soil. Growing plants for seeds is a business unto itself, and Earthbound obtains much of its seed stock from companies that can supply the thousands of seeds Earthbound needs. The farm plants baby greens every four or five days during the spring and summer. Farmers learn by the school of hard knocks what works best in a particular location, figuring out the ideal amount of space between plants to allow for the right amount of light and air to feed the plants and to reduce the possibility of mildew. Tending The Crops Once workers sow the seed, the three- to six-week growing cycle begins. During this stretch of time, the greens are very well cared for. Earthbound uses overhead irrigation for the baby greens in San Juan Bautista. From metered wells and an aquifer, water travels down the rows in aluminum pipes; an injector pulls fish-emulsion fertilizer into the pipes, resulting in plant fertigation. Fish emulsion is a time-honored organic fertilizer that is an excellent source of nitrogen, the most important plant nutrient. Earthbound often performs irrigation when the dew point is highest, at 4 or 5 a. Earthbound also protects the well-fed baby greens from weeds and pests—of course, without harmful herbicides or other pesticides. The cover crops and compost help keep weeds at bay, as does the drip irrigation system, which distributes water solely along the plant line, limiting the amount of water elsewhere that would help weeds grow. Occasionally, Earthbound also uses a technique called flame weeding in which a propane device sends flames toward newly germinated plants, damaging and eventually killing the pesky weeds. As for keeping pests away, one of the most important strategies is creating beneficial-insect habitats throughout the fields. Beneficials also eat the eggs of harmful caterpillars as well as thrips, which feed destructively on plant juices. Earthbound Farm dedicates 5 percent of its land to plants whose role is to host beneficial insects. Another method for controlling plant-endangering insects is rotating crops, which confuses habit-driven pests. Depending on the season and the growing area—and how well all the protective methods have worked—baby greens take anywhere from 21 days to 45 days to grow to full maturity. If a crop loses the race against pests, workers till under the affected portion, sometimes even an entire planting, creating a commercial loss but a nutrient gain to the soil. Picking And Packaging When the baby greens are ready for harvest, timing

and temperature rule the day. And at the perfect moment, the race begins. During the hotter summer months, Earthbound Farm laborers start their day at 3 a. Working in a pattern of overlapping rings, eight people variously direct and drive the machine and put the mechanically picked greens into plastic totes. The harvesting machine has a continuous looping blade that goes through a sharpener with each rotation. After the machine cuts the leaves, it blows them onto a mesh grid that allows small leaves and rocks to fall through. Depending on how far the fields are from the processing facility during March and November, crops may come from Huron, California, two hours south of San Juan Bautista, workers then load the baby leaves onto flatbed or refrigerated trucks, with the goal of getting all the greens refrigerated within an hour of harvest. After the trucks arrive from the fields, a quality-assurance specialist checks the appearance of the leaves in the totes and decides whether the produce is acceptable. If it gets the go-ahead, workers send the totes into the processing facility, where they enter one of four organic wash lines. A central computer precisely controls temperature throughout the facility, and employees wear gloves, smocks, and hairnets and wash their shoes and gloves in sanitizing foot and hand baths anytime they move from one section of the facility or one wash line to another. An employee at the beginning of each wash line looks through the newly arrived greens for any stray twigs, roots, or bad leaves and separates any leaf clumps. The greens flow into a dewatering shaker and then back into another flume wash twice before landing in centrifugal dryers, which dry the tiny leaves as a salad spinner does. Next, the baby greens go through a hopper and onto the scales, where machines automatically divide them into quantities ranging from 4 ounces to 4 pounds. Total travel time from the inspection belt to the bag: The plastic bags the greens go into vary in permeability depending on the respiration needs of the particular leaves yes, the farmers have considered even the thickness of the bags. For instance, spinach is a high respirator, needing lots of oxygen, so the spinach bags are more permeable than the bags used for other greens. Every half hour, five quality-control specialists take samples from processing lines to check such characteristics as the product quality and temperature and the amount of air in the bags. Tucked into their packages, the baby greens move to a storage area where they await pickup. Earthbound stores salad greens at their favored 38 degrees, but the processing facility also has four off-temperature storage areas for produce that stores better at warmer temperatures, such as potatoes and tomatoes, which prefer 55 degrees. However, because the trucks typically make multiple stops in addition to those at Earthbound Farm, they are sometimes delayed along their routes and fail to arrive at their allotted times. If a load of produce is at risk of being delivered too late to have a reasonable shelf life, or when Earthbound has a surplus, the farm makes arrangements to donate the produce to Operation Blessing, a nonprofit organization that provides food and other necessities to financially challenged families. If things really go wrong and produce is still waiting near the end of its edible lifespan, Earthbound tills the produce into the soil. Although Earthbound requires truckers to keep the produce refrigerated at the appropriate temperature and, if carrying organic produce along with conventional produce, to keep the two rigidly separate, once the produce is in the trucks, Earthbound effectively has little control. Stores and restaurants schedule delivery or pickup of produce from the distribution centers, typically within a day after the produce arrives. Traveling to the stores and once there, the baby greens should still be in a degree cold chain. Of course, shoppers need to check the dates on packages to see if this complicated system has worked. Earthbound recommends keeping greens in your refrigerator in the bag they came in. Their days of growing and traveling over, the greens are finally ready to settle down and be enjoyed.

2: Restaurants - Farm-to-Table | Westchester County NY

Farm-to-table (or farm-to-fork, and in some cases farm-to-school) is a social movement which promotes serving local food at restaurants and school cafeterias.

Each presentation is filmed in front of a live audience at National Geographic headquarters in Washington, D. New clips air every Monday. Agriculture has taken over the planet, has transformed our world, the biosphere, has spawned cultures, cities and whole ways of life all over the planet. There I am bucket-feeding a calf in Anybody out there, have any of you ever bucket-fed a calf, anybody? Oh, good for you. Anybody else out there? I wish every kid could have that experience. Up here in the Orkney Islands, off the northeast tip of Scotland. Five thousand years ago, when something fresh was in the hearts of the people and in their minds and they were transitioning to a new way of life, the Neolithic way of life, they were stopping the process of being hunter-gatherers and they were becoming farmers. And they were putting up things like the Stones of Stenness that you see out here near the Ness of Brodgar. This is out on a nice foggy night out there at the Stones of Stenness. And my assistant is back behind that center stone with a flashlight. We did a lot of lighting on this story, as you will see, using flashlights. So, those folks, those folks up there, five thousand years ago were settling down, they were building houses. Not a bad little house, is it? And then the other thing that they were doing is this. They were starting to plant crops. They were becoming farmers. They were beginning a monumental journey Now, I want you to fast-forward with me 5, years to today, when agriculture has taken over the planet, has transformed our world, the biosphere, has spawned cultures, cities, and whole ways of life all over the planet. And here we are, sitting here, with seven billion people on the planet. And by we could have nine billion, by we might reach ten or so Can we feed those nine or ten billion people when we get there? And will we have a planet left worth living on? That is the essential question I want to follow on exploring tonight. Thirty-nine percent of the ice-free land on the planet is taken over by agriculture. Worldwide pastures take up So, we did this, we got the plow, we transformed the planet. But then after World War II we got into really transforming the planet, using petroleum as fuel for the transformation. This is up in the Palouse. Hunter-Gatherers still take in Africa, these young women were hauling firewood ten kilometers back to their village. They were walking ten kilometers to get it and ten kilometers back. The promise of genetic engineering and the promise of ways of-- very often perceived to be magic-bullet ways of feeding our planet, and yet, still, this one fundamental reality This is center-pivot irrigation going on out in Nebraska, and what I really wanted is, I wanted this water to look rich, I wanted it to look like gold, I wanted it to look like money, I wanted to have that lush, rich feel to it. I went looking for places were I could see And they actually had a little model of a grain elevator on a float with this guy, you know? I shot Cow Plop Bingo out there at-- Okay, so yeah Well, then there was this: When we got to food safety there was a lot of anger. Everybody was, at the time, and still are, radically polarized by the whole thing. This was in Scotland, up on the Black Isle. These guys were set up across the road protesting these crops. The efficacy of this stuff, of the GMO foods of course, is pretty clear. But it can also do this. These two salmon are the same age. One has been modified so that it expresses the gene for growth constantly, the natural salmon only does it sporadically. So, the problem, of course, then is if you modify the fish and the fish get out and crossbreed with the native population that gene that you modified rapidly eclipses all the other wild genes, uh, out there. The food safety, which was also part of that was fun to do. It was harrowing to do actually because nobody in the United States wants to let you into a packing plant. It is just almost impossible to get any of the big corporations to let you do that. So I finally went to Denmark, which had, as it turned out, much more stringent food safety regulations and has a much safer food supply. Nobody in the United States, particularly the USDA, particularly wants to tell you that other countries have a safer food supply than we do. I was convinced of it. Chickens, turkeys, hogs, all kinds of animals growing in very, very large facilities. This one down in Arkansas. This is down at the University of Arkansas growing out those pathogens. These are from swabs taken off of chickens from a supermarket. This is not something you want to tell everybody about the chicken that they are getting, uh, down at the store. Well, now you get into something like soil. I had to find ways to do images of this stuff. I

went out to the Palouse because I just felt that the Palouse was a place where the soil was the author of the landscape. And to put it bluntly, this was a place where soil made everything that we see. He came up with the idea of doing soil-pits so that we could see the root structure down underground, so that we could do this. Split them apart, lay this thing out on a screen and wash out the dirt with a hose. And that way you can, all of a sudden, you could see a bit of prairie underground. Fortunately, Jerry had the great beard. He had the beard that went with the roots, I like that. So, I chased earthworms around a petri-dish for two days. I got to be pretty good. You can herd earthworms, by the way, I learned that. And maybe it will make a better picture. Two days I spent doing this stuff. Because earthworms are so critical. They carry stuff up and down in the soil profile, they make all this stuff happen, you know? We owe them a lot, you know? And then I found these things, the soil fungi. One scientist up at the Iowa State University had these in petri-dishes. They looked like Hubble Telescope images. Look at these things, they are incredibly beautiful. And there are millions of them down there. Look at the structure of this thing. Species in one teaspoon of soil. Species, not individuals, species. Total organisms in a When we were doing this story we also felt that we had to show the soil, of course. But all the soil scientists what they wanted me to do was go out and photograph all the 12 kinds of soils around the world. The Mollisols and all those, all those things, I learned all that stuff. And I also thought, Oh gee, people are going to be asleep pretty fast on this one. I figured out finally what I wanted to do was to do soil-pits around the world, where I could see the farmer with their soil. And make that connection, you know, and that ended up working pretty well for us on this story. And you notice, you see they got about eighteen inches of really rich, black topsoil there. About they started farming out here, they had 36 inches of topsoil. So, that means in years roughly, they have burned 75 percent of their fuel. Modern agriculture is pretty much Hassoun Hariri, grows barley on that rocky soil. How would you like to plow that? The fact, also, that we are taking 40 percent of that corn from Iowa, and the upper Midwest of America and using it to make ethanol, some people have called a crime against humanity, you know?

3: Farm & Table - Home

"Farm-to-table" is a phrase that can mean different things to different people. At its heart, however, "farm-to-table" means that the food on the table came directly from a specific farm, without going through a store, market, or distributor along the way.

4: Farm to Table Bistro | Casual Fine Dining | Fishkill, New York

'From Farm to Table' encourages viewers to discover the bounty of New York's Capital Region, from the fields to the dinner table. A collaborative production of WMHT and Cornell Cooperative.

5: From Farm To Table - Delicious Living

Unless you've got a green thumb and a big backyardâ€”or you live in a warm region that offers year-round farmers' marketsâ€”chances are you buy a lot of your fruits and vegetables at the local food store, especially in the winter. Although your supermarket may be just a few blocks or miles from.

6: Farm-to-table - Wikipedia

Farm to Table Catering offers the finest in catering services for clients on Long Island. As experienced caterers, delicious and beautifully presented meal, and impeccable service for this important day.

7: From Farm to Table

Pat Brisson's eloquent poem in Before We Eat; From Farm to Table, illustrated with Mary Azarian's stunning woodcuts, is

FROM FARM TO TABLE pdf

the perfect book to share with young children, and indeed family members of any age.

8: Farm Profiles Archive - Farm to Table

Farm to Table Meals is your solution to those evenings when you are rushed and do not have time to cook. We take the stress out of cooking and give you the ability to put on the table a meal you can be proud to serve your family!

9: From Farm to Table | PBS

Farm To Table Talk explores these opportunities with a panel of farmers at the Farm To Fork Festival in Sacramento. Our guests are Emma Torbert of Cloverleaf Farms, AJ Gomez of Gomez Farms and Chanowk Yisrael of Yisrael Family Farms.

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