

AUTUMN 2011 AT O'TOOLE'S HERB FARM



Over the years many descriptions of summer have been the beginning of our Autumn Newsletter; the long hot summer, DRY, DRY, DRY & HOT, HOT, HOT, Wicked Hot as Mainers say. All of these adjectives pale when describing this sweltering summer. Spirits melt, plants suffer, crabbiness emerges (that describes me!) BUT then one morning something happens. There is a change in the air. Temps are a tiny bit cooler. Poke Weed & Beauty Berry are showing off their gorgeous purple berries, golden rod starts to bloom, butterflies are everywhere and the promise of FALL is in the air. We've made it through another summer. Spirits soar, energy returns and we feel the joy of being alive. It's time to plant seeds for those cool weather loving herbs & vegetables. It's my favorite time of year. And this year promises to be one of positive change with new faces and new energy. Life is good!

You will be seeing more and more of Sandy

Sandy Valladares moved here from the Cape Cod Massachusetts area almost 3 years ago, fulfilling a life long dream of buying a farm. On her farm named "Five Acre Farm," she grows seasonal heirloom vegetables and herbs to sell at farmers markets and to individuals. She is not certified organic but follows organic farming methods and principles. Her produce is gorgeous and extremely tasty. Her 'sandwich' tomato tested highest on the Briggs scale (sugar/nutrient level) at Turkey Hill Tomato Festival this past summer. She also raises chickens and goats. It's a real farm! Before moving to Madison, Sandy was a staff member of Country Gardens Garden Center in Hyannis and was the previous owner of Sandy's Natural Marketplace in Hyannis (organic produce, bulk foods, herbal and homeopathic remedies, natural pet care, etc.). Her creative approach and high energy, her wealth of experience in the nursery trade and retail, her commitment to organics production and locally grown make her a perfect and natural fit---as well as a huge asset to the future of OHE.



YOGA AT THE HERB FARM / \$10

1st, 2nd, 3rd, and 4th Fridays of EVERY month.
9:00 a.m. DST then 10:00 a.m. after time change Nov. 6th
NOW yoga is offered FOUR Fridays (1st-4th). Welcome to Nicholas Roberts who joins us from Sivanada Ahsram Yoga Farm, San Francisco, CA. We are delighted to have him as an addition to our fabulous team of yoga instructors: Dottie Price, Carol Herndon and Linda Ratliff.
Herbal Refreshments will be served after class.

O'TOOLE'S HERB FARM

OPEN for RETAIL SPECIAL WEEKENDS

Sept. 30th (Fri) through Oct. 2nd (Sun.)
Nov. 4th (Fri.) through Nov. 6th (Sun.)
Dec. 2nd (Fri.) Through Dec. 4th (Sun.)
9:00 to 4:00 Fri and Sat. & Sunday afternoon
No Reservations required

HARVEST OF THE HEART

A Weekend with Christopher Baxter ERYT 500

We are delighted to have Christopher return for another retreat in partnership with Dottie Price of Suwannee River Yoga in White Springs, FL 386-208-3966

Yoga & Meditation practices for Gathering & Letting Go in Body, Mind and Heart
Saturday, Sept. 24th 9:00-4:00 (includes lunch) in White Springs

Equinox Reflections & Meditation: Touch the Earth with a Soothing Series of Calming, Kind-Hearted body, Breath and Heart Meditations
at O'Toole's Herb Farm in Madison, FL
Sunday, Sept. 25th 10:00 to 1:00 / \$50
Be our guest for an Herbal Lunch afterwards
Pre-registration Required for both days.

CHRISTMAS OPEN HOUSE

at O'Toole's Herb Farm

Dec. 3rd & 4th (Sat. & Sun.)
Excitement is already in the air with the amount of vendors showing interest in participating this year's Open House. Please check our web site, facebook page or call 850-973-3629 for a list of vendors and a demonstration schedule. As always we will have lots of wonderful homemade Herbal Treats and good cheer. It is a beautiful time of year for the family to come out together and enjoy the farm, find some unique gifts and get into holiday spirit.

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." Anais Nin

REMEMBER TO WALK THE LABYRINTH



AUTUMN 2011 CALENDAR

YOGA at the HERB FARM

*1st, 2nd, 3rd, & 4th Friday of EVERY month at the HERB FARM (call to double check on holidays). 9:00 AM DST/10:00AM EST

September 24th (Sat.)

Yoga Workshop with Christopher Baxter
Suwannee River Yoga Studio, White Springs, FL

*September 25th (Sun.) 10:00 to 1:00

Meditation Workshop with Christopher Baxter

*September 30th (Fri.) & Oct. 1st (Sat.)

OHF OPEN for SPECIAL RETAIL WEEKEND
9:00 to 4:00 / No Reservations Required

*OCTOBER: We will be OPEN most FRIDAYS 9:00 to 1:00
and SATURDAYS 10:00 to 2:00 +/-

October 1st (Sat.)

Organic Field Day at Native Nurseries,
10:00, Tallahassee, FL

Organic Plant Sale at New Leaf Market
12:00 to 4:00, Tallahassee, FL

*November 4th & 5th (Fri. & Sat.)

OHF OPEN for SPECIAL RETAIL WEEKEND
9:00 to 4:00 / No Reservations Required

*December 2nd, 3rd & 4th (Fri., Sat. & Sun.)

OHF OPEN for SPECIAL RETAIL WEEKEND
AND CHRISTMAS OPEN HOUSE
9:00 to 4:00 Fri. & Sat., Sun. afternoon
No Reservations Required

*Events happening at the Herb Farm

Summer's highlight was the birth of Hanson, a precious baby lamb, born to Hannah, our old ewe in late June. What a bright light Hanson (son of Hannah) has been but the hardship of his first few days, the loss of his two siblings and our loss of Hannah (from birth complications) left us all with a wonderment of Hanson's survival and sadness for all the loss. His innocence and playfulness transcend all barriers. He has the amazing ability to bring people together; he has lifted our spirits and taught us how to play. What a gift!

FYI - It is important to me, it might be important to you.

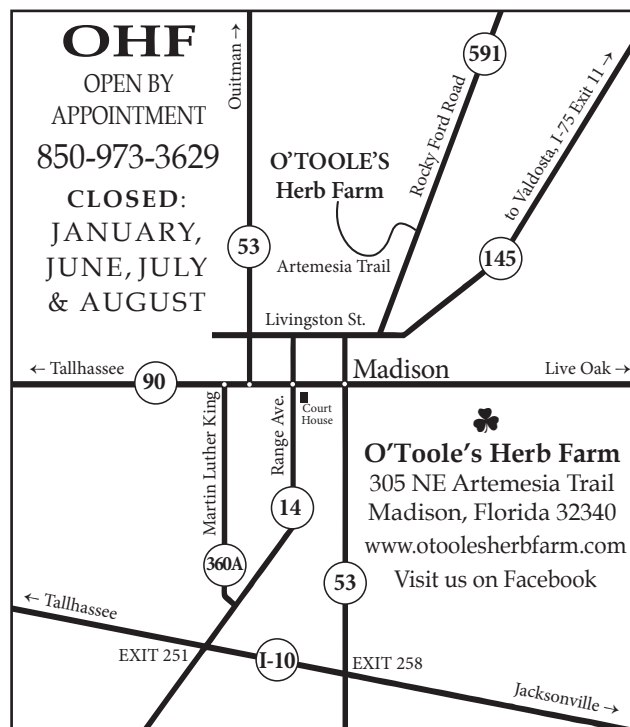
Green Industries has a new & exciting breath of fresh air under the leadership of Claire Mitchell. Organic Gardening 101 is being offered this fall, 3rd Saturday every month for people interested in various sustainable gardening topics. www.nfcc.edu/green-industries

Red Hills Small Farm Alliance – Online shopping for products grown or produced within a 100 mile radius of Tallahassee. Direct farm to table. www.rhomarket.com

New Leaf Market's Annual Farm Tour: October 15th & 16th
www.newleafmarket.coop/events/farm_tour

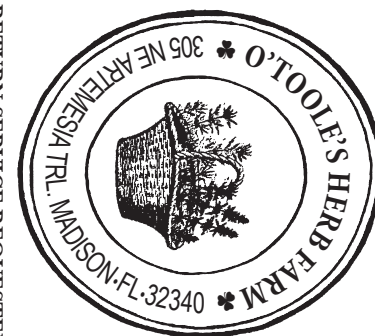
OHF will not be a participant of the tour this year but we will be OPEN on that Saturday, Oct. 15th from 9:00 - 4:00

FOOD DAY: a nationwide campaign for delicious, healthy and affordable food produced in a sustainable, humane way.
October 24th www.FoodDay.org



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