



AUTUMN HERBAL EVENTS

2008 at O'Toole's Herb Farm

1ST & 3RD Friday of every month at 9:00 a.m. \$10

Yoga at the Herb Farm

Mark your calendars, no advance registration necessary. Linda Ratliff and Dottie Price will share the guiding. Both are certified yoga teachers. Dottie and Linda, both health care professionals, can attest to the value of yoga in their own lives and are eager to share it with others.

Herbal refreshments will be served after class.

OCT 25TH & 26TH, SATURDAY & SUNDAY

The New Leaf Market Organic Farm Tour at O'Toole's Herb Farm

Celebrating National Organic Month
Tours: 10 - 12 - 2 / FREE

OCT 13 TH, MONDAY, 6-8 P.M. \$20

Full Moon Drumming Meditation Workshop with Buddy Helm

A unique healing form of drumming meditation that enhances the quality of life, releasing stress and trauma.

Herbal Refreshments

NOV. 1ST, SATURDAY \$30

The Art of Keeping a Garden Journal

'B', Dottie Price, and Aileen Mostel, all avid gardeners, will share with you the joy and value of keeping a garden journal. Bring pencils, paint and your camera with a journal. Call for more information.

Light Herbal Luncheon

DEC. 6TH-7TH, SATURDAY & SUNDAY

CHRISTMAS OPEN HOUSE

O'Toole's Herb Farm

OHF HOURS
9-6 Thurs / Fri
9-4 Sat
CLOSED
Sunday - Wednesday
and July, August



O'Toole's Herb Farm

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CALENDAR

Aug. 23 Planning the Fall Garden at One Heart Earth Center, Monticello, FL 997-7373

Sept. 4 (Thursday) OHF reopens for the season

Sept. 5 Yoga 1st & 3rd Friday of every month at 9:00

Oct. 5 Organic Gardening at One Heart Earth Center, Monticello, FL 997-7373

Oct. 11 NLM Plant Sale in Tallahassee

Oct. 13 Drumming Meditation Workshop

Oct. 25-26 NLM Farm Tour / 10-12-2 Tours

Nov. 1 The Art of Keeping a Garden Journal

Dec. 6-7 OHF Christmas Open House

OHF RECYCLES. DO YOU ?

40 MILLION water bottles are thrown away everyday. Why buy bottled water? We are blessed with great tasting, potable water. The US, the southeast in particular, is the most wasteful in the world of this precious resource.

THIS NEWSLETTER PRINTED ON RECYCLED PAPER



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Association
Uniting Herb Professionals



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Now is the time for gardeners to shine! With our current state of affairs both political and economical so unsettled, the cost of gas and food sky rocketing, global warming upon us, and food contamination everywhere, perhaps it's time to rethink our values. What is important? Time spent with our families, getting to know our neighbors, home cooked meals from our own bounty (slowfoods.org)...what a perfect fit for the gardening family. The 1940s concept of the "Victory Garden" seems fresh and pertinent. You can till your manicured lawn and plant an edible landscape. Fall is the perfect time of year to begin your vegetable garden. If this isn't feasible, container gardening is great fun (especially with cool weather coming.) Timing is perfect for lettuce bowls or potted raw foods or stir fry veggies. It is easy and fun. Then you can supplement with "locally grown." BUY LOCAL is the best idea. Farmer's Markets and food coops make it easy to get locally grown produce. It's true as well as CSA's or "you pick" farms. You can always become involved with your community garden. We must relearn to "eat in the season". Be proactive, inventive, creative and make an effort to become involved. Start planning your fall garden today.

Thanks to our full time staff Roosevelt Oliver and Jonathan Scarboro and our part timers Don Burkhart and Suzzi Beall. I commend them for their unbelievable devotion and dedication to the well-running of our farm. A huge thank you goes to two faithful volunteers, Holly Reimer and Franny Davenport, who have come so many Mondays, to lift our spirits and help with the overwhelming workload. I am truly thankful to the crew for their effort and hard work.

La Spannocchia the journey. As many of you know, my friend Aileen and I traveled to Italy this past May. What a magical journey. We spent a week at Tenuta di Spannocchia, a jewel in the hills of Tuscany, just 15 miles southwest of Siena. Longtime friend Michael Gelsanliter, a teacher and Reike Master, naturalist and grief councilor from Portland was the leader. Our group was small and of like-minded souls, members of Maine Audubon Society. We were dropped into a slice of history, a living testimony to preservation, conservation

and sustainability. La Spannocchia is a working certified organic farm of 1100 acres. It is located in an area, the history of which dates back to the Etruscans. Now La Spannocchia is a Working Agricultural Estate and nature preserve. It produces its own wine, olive oil and meat products (Heritage livestock) and is a renowned educational center focusing on maintaining a living restoration of the messadria system of farming that has been used for centuries. They have rescued from extinction the Cinta Senese belted pigs famous for its prosciutto and ham and they have become a major source of revenue. The herb and vegetable gardens were gorgeous and prolific producers. A bit of heaven,



'B' and Aileen in front of the Etruscan Museum at Spannocchia.

but only through creative management and lots of hard work. This is Agri-tourism in its brightest light. A full staff augmented by interns and volunteers, takes care of the continuous visitors, the vineyards, and livestock. The staff is dedicated to preserving the past, maintaining the present, and planning for the future. It is a testament to restoration, conservation of water and natural resources, appreciation of the old methods, to recycling and being self-sustaining. Right up my alley! We hiked everyday over this pristine, beautiful preserve, ate the freshest, most delicious food, drank the most fabulous wine and slept like royalty in the main villa. It was a time and place for healing, meditation, rejuvenation and making new friends..



Jim, tres Euro with 'B' in Glenveagh Castle & Gardens, Ireland, June 07.

O'Toole's Herb Farm is in an altered state, never to be the same again without our Toolie. Long minutes and dark days have made up these past few months. Thanks to the concern of our families, friends and supporters like you, we are surviving. Your outpouring of thoughtfulness and love have helped lift our spirits and we are deeply grateful.

from 'B' and the Staff

Do not grieve for what is passed and cannot be prevented. Misfortunes do not flourish in anyone in particular life. They come to us all and like death, always out of season.

(Native American wisdom)



Toolie's Garden from my heart.

*Two very special Tallahassee businesses,
Native Nurseries and New Leaf Market,
 have been supportive above and beyond the call of duty.
 The working relationship we have with these special friends
 is one that calls for true gratitude.*