

## Abby's Community Farm

Abby Saylor's dream of creating a "state of the art" community farm for the use and benefit of her valuable customers and the community-at-large, is now becoming a reality. In November, we closed on our property (6+ acres) in the beautiful Lutz area, which was chosen because of its rural environment, while still convenient to most of the Bay Area. The property is uniquely qualified for our organic raised gardens, having only one owner/user/occupant for the last 70 years. Specifically, we know exactly how the property has been used and the treatment of the land (soil) for an incredibly long time. Abby engaged her long time friend, Rick Martinez, (Sweetwater Organic Community Farm, Founder) to assist and consult with us as we launch this exciting initiative. Because of her love for farming, outdoors and eating healthy, many years ago Abby actually worked for Rick as he was starting Sweetwater. We are told there are pictures somewhere with Abby driving a tractor out at the Sweetwater farm.

As most of you know, Abby enjoys an unquenchable appetite for learning and sharing her knowledge with people that have a desire to live a healthy lifestyle. It all started back in her college days while earning her degree in Zoology from the University of Maryland in the 60's and graduating with honors from the Corcoran School of Art in Washington, D.C. She then received her Masters Degree from the University of Michigan in Medical and Biological Illustration. Her education and life experiences planted the seeds that grew into her desire to understand the connection between nutrition and health, so that ultimately it became her career path and pursuit some 30 years ago. Today, Abby offers *free* health consultations by appointment on most days and has done that for 20 years. Consequently, many area physicians refer their patients to Abby. Many are suffering life threatening situations that conventional treatment and medicines have simply not helped. The farm will simply be an extension of that same pursuit, allowing families to grow their own healthy organic food (medicine) in a beautiful, controlled setting. Additionally, we fully expect our farm to become a valuable resource center and educational tool for the next generation to understand the importance and significance of making wise choices about food and eating healthy. Abby believes that there is a very real connection between health and wellness, related specifically to our body/blood type and the fuel (food) that we provide our body to perform.

We have exciting plans and big dreams for our farm. Listed below are some of the initiatives that we are currently developing for the project that will result from using the best practices for a safe, clean, sustainable, organic farming operation:

- Raised bed gardening
- Farm/flower garden, education, recreation and leisure area
- Lake front flower garden, education, recreation and leisure area

- Blueberry farm (1-2 acres)
- Various fruit trees
- Herb garden project
- Micro-green, seeding, potting greenhouse project
- Chicken coop project
- Organic soil, mulch and compost repository
- Farm house resource center
- Rain water collection project
- Solar energy project
- Hydroponic garden project
- Traditional row farm (1/2 to 1 acre)
- Potential CSA designation with co-op.

Our current plans include the farm designated as a non-profit organization which will be supported by the community, together with private, public and corporate funding through donations and grants. We would love to hear about your interest, comments and suggestions as we launch into this exciting adventure. The project will require an army of volunteers to fulfill our vision for serving your families and the community. Please contact [david@abbyshealthandnutrition.com](mailto:david@abbyshealthandnutrition.com) or call David at 813.265.4951 and let him know how you would like to get involved. If you would like to contact Abby personally to express your interest you can do so at [abbyshealthandnutrition@yahoo.com](mailto:abbyshealthandnutrition@yahoo.com) or call her 813.996.6999.