MILLWOOD MARKET NEWS

January 2021

www.millwoodnow.org

VENDOR SPOTLIGHT

FORE LOT FARMS

This month we are featuring Keenan with Fore Lot Farms. He has been a Millwood Farmers Market farm vendor for the past 2 years and grows a wonderful variety of produce.

How did you become interested in urban farming?

I became interested in urban farming after several years of growing vegetables for preserving. In order to produce the quantities of vegetables that I needed, I was forced to plant intensively. I soon realized that it was not much more effort to meet my needs, but also have extra for others.

What are the factors you consider when deciding what to plant?

The vegetables I grow have to be space savers or be good companion crops. In the context of Fore Lot Farm, crop diversity is key while still providing yields that are sufficient for marketing.

What is the typical start date for planting here in the Pacific NW?

I generally start my year off with seedling work in February. The first week of March I will start direct sowing crops weather permitting.

You had some fantastic squash varieties this past fall – what is your favorite square recipe?

My favorite squash recipe is nothing spectacular. Salt, black pepper, and extra virgin olive oil. Oh, and you can't forget cayenne pepper, but don't get carried away.

How did you decide on the name Fore Lot Farm?

The inspiration for the name "Fore Lot Farm" was the perspective of how I viewed nutritious food. If I were to draw, paint, or photograph my house from the street view, fresh nutritious food would be in the foreground as the star of the show.

Thank you Keenan for sharing your inspiration as well as your produce each summer! We look forward to seeing you this spring!

JANUARY UPDATES

- Happy New Year!
- Farmers Market 2021 starts on May 26th
- Always looking for Market Volunteers!
- THANK YOU FOR ALL YOUR CONTINUING SUPPORT!

CHRISTMAS MARKET

Thank you for all of your support in making the Christmas Market a success!