

LUNAR RHYTHM GARDENS

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Thank you for your Pea Shoots and Heirloom Tomatoes!



Farmers' Names:

Jessica Foote (Owner) and her daughter Jessalynn (2yr old), live at the farm.

David Foote (Jessica's father) helps with the pigs, beef, laying hens and chickens.

Generations of Farming:

36 years in the family, Jessica has farmed for 4 years.

Specialty Foods:

Salad greens, broccoli, onions.

Much of their farming is horse-powered!

Favourite Recipe with your harvest:

Potato Leek soup

Favourite Farming Music:

As a team, they listen to country or classical. Alone, Jessica listens to hard rock and heavy metal.

Favourite Family Pastime:

Jessica loves running. With her daughter, she enjoys doing farm chores and horseback riding.



Words of Wisdom: "Leave the land better than when you found it."