

northeast region



NER
Meeting
Monday,
January 28 @ 10AM
Yerba Buena Farm
Robin's Bay,
St. Mary

Did you take the JOAM Online Survey??? If not, please do so before the AGM on Feb 7, 2013! We want to hear from you!

JOAM NER updates!!!!

Blessings & A Happy New Year!!

We have said good bye to 2012 and all of its joys and challenges, and are now focusing on a new beginning with 2013! To help energize us for the new year, JOAM NER has planned an exciting January meeting at Yerba Buena Farm in Robin's Bay, St. Mary owned and run by Kwao and Agape Adams.

The Adams are currently working on growing the size of their apiary where they employ the Top Bar Hive method. Through the USAID Farmer-to-Farmer program, the Adams have brought down a Top Bar Hive expert from the USA. He and the Adams will provide an introductory workshop on Top Bar Hives and beekeeping during our January 28 NER meeting!! This is truly a wonderful opportunity for all of us to start learning a very ecologically and financially beneficial skill! There are even opportunities for free training after our meeting. We highly encourage you to come out on the 28th!! And, please make sure to bring a **VEGAN** dish to share for lunch!!

JOAM AGM 2013

JOAM's Annual General Meeting will be held on February 7, 2013 at the Girl Guides on Waterloo Rd in Kingston. To kick off the day, JOAM will be hosting a Farmer's Market starting at 10AM. Please let us know if you have produce available to sell at the AGM. There will also be an **all-organic** lunch this year! Please let us know what you are willing to contribute for lunch and in what quantity. We will be contacting you via email and text to confirm, so start thinking about what you would like to bring!

This year JOAM is focusing the AGM on determining how to better engage the overall JOAM membership. There will be focus sessions and facilitated pull-out groups so every member who attends the meeting will have a voice, and will be heard! Start thinking about why you joined JOAM, how you have benefited (or not) from your membership, and what you want to see from JOAM in the future.

Lastly, there will be a screening (with popcorn) of the film, "Genetic Roulette - The Gamble of our Lives." **JOIN US!!**

Recipe of the Month: Sorrel Pesto

A New Years treat for YOU for the post-holiday season!

What you need:

- 2 cups coarsely chopped fresh sorrel, ribs removed
- 1/3 cup packed fresh parsley leaves
- 2 garlic cloves, roughly chopped
- 1/3 cup freshly grated parmesan
- 1/4 cup pine nuts (optional)
- 1/2 teaspoon salt
- 1/4 cup olive oil

In a food processor or blender puree the sorrel, the parsley, the garlic, the parmesan, the pine nuts and the oil, transfer the pesto to a jar with a tight fitting lid and chill it, covered. The pesto keeps, covered and chilled, for 2 weeks. Makes about 1 cup.

Use the sorrel on pasta or fish for a spicy, decadent dish!

"January 28, 2013"

NER meeting

Monday, January 28, 2013 @ 10 AM

Directions to Yerba Buena Farm...

From Ocho Rios: Head towards Annotto Bay on the A1. Just outside of Annotto Bay (before the 4 Rivers bridge) there is a yellow bus stop on the left hand side of the road. Turn here to head towards Robin's Bay. Enter Robin's Bay, and at the square, bear right. Take this road all the way around the bay into Strawberry (continuing past the large resort on the right). Take a right at the sign for Strawberry Fields Together. The farm is on the left immediately before the gate to Strawberry Fields Together.

From Portland: Head towards Annotto Bay on the A1. Just after you exit Annotto Bay (after 4 Rivers bridge) there is a yellow bus stop on the right side of the road. Turn here to head towards Robin's Bay. (Continue from directions above).

Farmer's Almanac

The BEST Growing Days for January & February 2013

January 1st - 3rd

A Barren Time. Best For Killing Weeds, Briars, Poison Ivy, And Other Plant Pests. Clear Woodlots And Fencerows.

January 4 - 5th

Favorable Days For Planting Root Crops. Fine For Sowing Grains, Hay, And Forage Crops. Plant Flowers.

January 6 - 7th

Plant Carrots, Turnips, Onions, Beets, Irish Potatoes, And Other Root Crops In The South. Lettuce, Cabbage, Collards And Other Leafy Vegetables Will Do Well. Start Seedbeds. Good Days For Transplanting.

January 8 - 9th

Seeds Planted Now Will Grow Poorly And Yield Little

January 10th - 11th

Favorable Planting Days: First Day Good For Planting Root Crops. Second Day Good For Aboveground Crops Such As Sweet Corn, Beans, And Peppers.

January 12 - 13th

Good Time To Kill Plant Pests Or Do Plowing. Poor For Planting.

January 14 - 16th

Fine For Planting Any Aboveground Crop Where The Climate Permits. Extra Good For Peppers, Tomatoes, Peas, And Other Vine Crops.

January 17 - 18th

Barren Days. Do No Planting.

January 19th - 21st

Fine For Planting Beans, Peppers, Cucumbers, Melons, And Other Aboveground Crop Where Climate Is Suitable.

January 22nd - 23rd

Poor Days For Planting. Seeds Tend To Rot In Ground.

January 24 - 26th

Favorable Planting Days: First Two Days Are Best For Planting Aboveground Crops. Especially Good For Peas, Beans, Cucumber, And Squash. Last Day Is A Most Fruitful Time To Plant Beets, Carrots, Onions, And Other Hardy Root Crops. Also Good For Transplanting.

January 27 - 30th

A Barren Time. Best For Killing Weeds, Briars, Poison Ivy, And Other Plant Pests. Clear Woodlots And Fencerows.

January 31st

Favorable Day For Planting Root Crops. Fine For Sowing Grains, Hay, And Forage Crops. Plant Flowers.

February 1st

Favorable Day For Planting Root Crops. Fine For Sowing Grains, Hay, And Forage Crops. Plant Flowers.

TOP BAR BEEKEEPING 101...



Top Bar Hive

Welcome to the wonderful, exciting, and delicious world of beekeeping!!

Jamaican honey is known throughout the world as being some of the most unique and tasty honey in the world thanks to our diverse plants, flowers, and crops. Beekeeping and honey production have a real opportunity to take off in the next five years, and it would be great if more organic farmers could be a part of it! Not to mention, honeybees are the best pollinators out there! So here is a brief introduction to the benefits of **Top Bar Hives** beekeeping!

There are two main hive options in beekeeping- Langstroth and Top Bar. Top Bar Hives are a low-cost, low-impact alternative to Langstroth hives. **Top Bar Hives** are self-contained beehives that better simulate a wild bee colony. Thus, they do not require equipment such as honey supers, extra frames, foundations, and hive tools that Langstroth Hives need. They also require less treatment of the bees- perfect for organics!

Top Bar Hives are much easier and safer to manage. Each honey comb is inspected individually, leaving the rest of the colony undisturbed and less likely to swarm or sting the beekeeper. **Top Bar Hives** are also perfect for youth, women, and older beekeepers because it does not require the lifting of heavy boxes.

We hope to see many of you at our meeting to learn more about this income-generating opportunity!!!

February 2nd - 4th

Plant Carrots, Turnips, Onions, Beets, Irish Potatoes, And Other Root Crops In The South. Lettuce, Cabbage, Collards And Other Leafy Vegetables Will Do Well. Start Seedbeds. Good Days For Transplanting.

February 5 - 6th

Neither Plant Nor Sow On These Barren Days.

February 7 - 8th

Any Root Crops That Can Be Planted Now Will Do Well.

February 9 - 11th

Barren Days. Fine For Clearing, Plowing, Fertilizing And Killing Plant Pests.

February 12 - 13th

Plant Peppers, Sweet Corn, Tomatoes, And Other Aboveground Crops In Southern Florida, California, And Texas. Extra Good For Cucumbers, Peas, Cantaloupes, And Other Vine Crops. Set Strawberry Plants.

February 14 - 15th

Seeds Planted Now Will Grow Poorly And Yield Little.

February 19 - 20th

Any Seed Planted Now Will Tend To Rot.

February 21st - 22nd

Fine For Planting Beans, Tomatoes, Corn, Cotton, Cucumbers, Peppers, Melons, And Other Aboveground Crops Where Climate Allows. Plant Seedbeds And Flower Gardens

February 23rd - 26th

Clear Ground, Turn Sod. Kill Plant Pests.

February 27 - 28th

Favorable Days For Planting Root Crops. Fine For Sowing Grains, Hay, And Forage Crops. Plant Flowers.

Happy Planting!!