

THE SAINT JOSEPH'S
Chronicle

"We write frankly and fearlessly but then we 'modify' before we print". - Mark Twain



**FARM
COOKING**
with Jeannie Page 9

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Photo by Larry Martel

MEET THE PRESS



SAVANNAH ANDRESON

"I do sports. I play Golf and Bocce Ball. I like to hang with my friends. I like to take care of my Mom. I grew up in Santa Maria. I have cousins that live in Orcutt. I like working at Oak Creek Farm with my friends. I like to open the door for people when they need help."



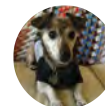
ANTOINETTE ELLIS

"I was born in California. I like to cook and I like to make things. I like to learn new things. I like goats and chickens and cats. My favorite goat is named Hans. I have nice friends. I like to do things with my friends and family. My best friend is funny. My favorite food is pizza."



JACOB DOLAN

"I grew up in Santa Maria. I am very hardworking and I get the job done! I enjoy working with my hands. I am going to work on my old truck, it is a working project that I want to go to school to learn more about. I definitely love to cook. I am also a nice and kind person."



OSCAR MAYER

"I am 11 years old and I was born some where in California. I live with my mama on the Central Coast. I like to eat, sunbathe, go gopher hunting. Chasing things. Car rides, playing at the park and most of all sleeping."



KEVIN DONAGHEY

“ I am 55 and 2 month. I have general education requiremets completed. I am pursuing a major in language and arithmetic. My hobbies are horticulture and animal care. I am single. I like to keep busy with my schedule, work is a big benefit in my opinon. I am a Lompoc native. I choose to commute for environmental benefits. I appreciate renewing the arts. I keep entertained.”



PJ ARADANAS

“PJ enjoys listening to classic rock music, and collecting brochures from car dealers. PJ is writing a column about the freeways we travel on and what attractions you can visit!”



CORY CULMER

“My name is Cory Culmer. I was born here in Santa Maria. I am a red belt in Taekwondo. I like to help my classmates at Taekdondo. I like going different places. My wife and I go together to the movies. I enjoy getting out and meeting new people in our community.”



JEANNIE MATTER

“My name is Jeannie. I grew up in Santa Maria. I am hardworking. I recently retired and now have more time to be an Explorer. I am a good friend and I like animals. I have always been The Chronicle's #1 Fan.”



STEVE SALUTAN

“My name is Steve. One of the things that I like to do is run the sound system at my church. I am a friendly guy with a good attitude. I have family in Guadalupe, Santa Maria, and Lompoc. I enjoy BBQ'ing with my family, occasionally we cook a pig. I love to ride my bike. I ride it anywhere! I really like working on cars. I am a Chevy guy. I have a Camaro that is a Father/Son project with my Dad. I am handy and like to fix things. I like using power tools. My favorite power tool is...all of them!”



ROBERT BOBB

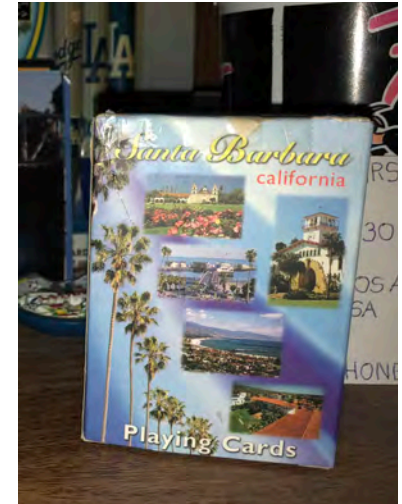
“I play golf. I can hit up to 55 yards on the driving range. I am pretty good at golf. I made four birdies in a row! I am a wrestling fan, I have all the movies at home. I have met Stone Cold Steve Austin. He gave me a t-shirt with his autograph, but I won't wear it at Oak Creek Farm because I don't want it to get dirty. I am a good guy and I like to help people. I do a lot of things with my church. I enjoy volunteering. When I was in ROTC in school, I shook President Reagan's hand and we played golf together. He had his own golf course. I like coming out to Oak Creek Farm, and I keep an eye out for everyone there. I want everyone to read my article and get a kick out of it.”



SANTA BARBARA
 PJ Likes To Go To Mission Santa Barbara Santa Barbara County Courthouse. Attends Santa Barbara Shopping Merchants Stearns Wharf Beach. The New SB County Mental Health Services Replaced The Old Santa Barbara General Hospital ~~before~~ ^{shuts down} closed in 1980 and The New Psychiatric Health Facility Hospital established June 9th 1980 and PJ has 3 JUDITHS Lives In Santa Barbara They are JUDITH HOLBROOK-Ash JUDITH JIMENEZ and JUDITH PIRKOWITSCH, AND ALSO PJ LIKES TO ATTEND SOUVENIR/GIFTS SHOP and Yes Santa Barbara us 101 Freeway Has Freeway Traffic UPDATE JAMS and PJ ALSO TO Keep Making Freeway and Keep On Rocking The Freeway



PJ Aradanas
 Columnist





The Great OUTDOORS *with Jake*

While in the garden there would sometimes be a deer or a bobcat. While the deer are walking up the hill, they would watch us work. For the horses, we would walk and see them, and of course we would pet them as well. Some of the horses did get out of their normal area. The Farm owners did eventually have to catch them and put them back in their spot. The weather has been nice out at the Farm. It starts out cool in the AM, then about noon the sun will peek through, then about 1:00pm the wind will pick up a little bit. When we go on our hikes in the afternoon, the wind will be just right for us to get a breeze going. We help each other during the hikes going down hill. We encourage one another to keep going as a team.



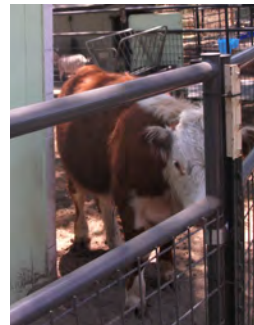
Jacob Dolan
Santa Maria Explorer
& Columnist



Photo by Larry Martel



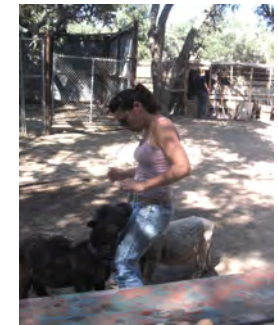
Life On The Farm



"We got Duke. Matt brushes him everyday. Duke's a big boy, he probably weighs 700 lbs."



"Chickens inside their coop. I chase them with my hat to get them back inside."



"Cyd is feeding the sheep peanuts. That is their favorite."



"We put the dirt inside to cover up wires around the bottom."



"I took a picture of chicken tracks. These are their footprints."



"Jake holding Beyonce the chicken. I would have named that chicken something else!"



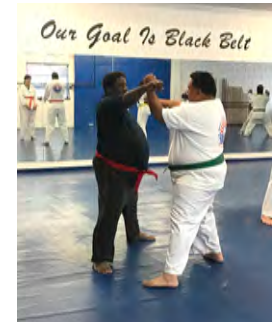
Robert Bobb
Santa Maria Explorer
& Photographer



My form is called Naegong for red and black belt. Naegong is moves like roundhouse kicks and flying kicks. Like I said, Taekwondo is a way of life. It is also about respect. When you begin class, you take off your shoes and socks. We make sure that we are all ready for class. One of the ways to show respect is to bow to Grand Master Hong and Master Park. We also bow to the Korean flag. It is important to make sure your uniform is tucked in. It is important to practice our forms. I would like to see more people join at Taekwondo, this way we could teach them more moves. Also, my next belt is black and red stripe. After that I will earn my black belt. Instructor Clara was my mentor and she is a black belt.



Cory Culmer
 Santa Maria Explorer
 & Columnist





There is a red and white blanket in my picture. There is a green tree with a swing. There is a monster swimming in the background. They are listening to music in my painting and eating watermelon! This painting was fun.



Antoinette Ellis
Santa Maria Explorer
& Columnist



Let's Chisel This Out With Steve

The reason why we decided to build the garden structure was because of the ground squirrels. They were eating our corn, that we had at one time. We decided to build the structure for our garden. We made our garden structure with carport frames and hardware mesh. The hardest part was placing the mesh on top of the structure and sewing it together with wire. It was the hardest part to do! We used wire snippers to cut the wire. We used leather gloves to protect our hands from the wire and the hardware mesh. We used a ladder to get to the top of the structure. This was a group project. The whole project took 3 months from start to finish. We built a door for the structure and it came out nicely, and we made a latch to keep it closed. Our message for the squirrels... "Stay out! Forever!!!"



Steve Salutan
Santa Maria Explorer
& Columnist



Photo by Larry Martel





Photo by Larry Martel

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FARM COOKING

with Jeannie

This was a good recipe. I really like eating linguisa! It is a Farmer's Kitchen tradition to always have linguisa. I had fun making the salsa. Cutting the onions made my eyes water! I also chopped cilantro and tomato. I enjoyed being with my friends while making this recipe.



Jeannie Matter
Santa Maria Explorer
& Columnist

Chicken Tacos with Corn Black Bean Salsa and Grilled Jalapenos

Corn and Black Bean Salsa

6 servings

- 2 Cups Cooked Corn Kernels
- 2 Cans Black Beans, Drained and Rinsed
- 1/2 Large Red Onion, Diced
- 1 Red Bell Pepper, Diced
- 1/2 Cup Fresh Cilantro, Chopped
- 2 Tsp Ground Cumin
- 1/2 Tsp Chili Powder
- 2 Tbs Olive Oil
- Juice and Zest from 1 Large Lime
- Salt and Pepper to taste

Combine all ingredients in a large bowl and toss well to combine. Season with salt and pepper to taste.

Chicken and Grilled Jalapeno's

Place boneless chicken breasts on grill rack directly over medium coals. Grill, uncovered, for 12 to 15 minutes or until chicken is no longer pink (internal temperature of 180 degrees F), turning once halfway through grilling. Season to taste.

Grill jalapenos until charred on both sides.



Just Ask Oscar?

The Dog who can give you advice on your life and will answer your questions!



Guess what my friends. I go on walks now. A good friend of mine takes me around the block a few times. I love to go. I sniff the ground to see if my other friends have been there. I do love to go potty too. It's a wonderful thing to go potty outside your house. Sometimes I like to stop and let some kids pet me. Being pet by the kids is great, because for me it feels good and it makes the kids happy. When I come home I usually get a drink and lay down to rest. My mama always asks me if I had fun. I never tell her if I had fun or not, my friend does.

Q Dear Oscar,
Will you be dressing up for Halloween this year Oscar? If so, what are you going to be?

Sincerely,
Marlow

A Dear Marlow,
No, I really hate to wear costumes. My mama makes me wear one for a little while. See she has to take a picture of me, and when she does I just glare at her. That is how much I hate it. When my mama puts on the costume I am always a cowboy I have a hat and vest. I think it's not cool to wear one. I just hate it. What will you be?

Sincerely,
Oscar



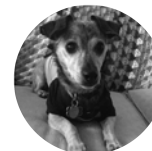
Send your questions to "Just Ask Oscar"
TheChronicle@StJosephSLS.com

Q Dear Oscar,
My breath is really bad! I gave my sister a kiss the other day and she said my breath was awful. I haven't eaten anything different so I don't understand what is causing it. Is there anything my Mom and Dad can do to help me with bad breath?

Sincerely,
Jack

A Dear Jack,
Your mama and daddy can ask your doctor. They also can have your teeth cleaned, but it costs a lot of money. I've had my teeth cleaned. They put me out so they can do it. It's an all day thing. You get there in the morning and wait until they are ready for you. Then you stay until you are fit to go home. They put me out so they can do it. I don't remember much because I was out. I do remember I cried all the way home.

Sincerely,
Oscar



Oscar Mayer Jose Cuervo Robinson
Columnist



The Inside Scoop with Kevin Donaghey

Interview with: Ariela Gottschalk from *Growing Grounds Farm*



What is your role here at Growing Grounds Farm in Santa Maria?

I am the program manager, which means that I run the entire program. I work with all aspects of Growing Grounds from business to production. I work with and manage all the employees. I am responsible for the selling of vegetables, plants, and flowers. I am also responsible for the growing and production of our vegetables, plants, and flowers.



Can you please share with our readers the history of Growing Grounds Farm?

This Farm was modeled from the first Growing Grounds Farm location in San Luis Obispo. The county of Santa Barbara decided that they wanted to have a program like the Farm in San Luis Obispo. Everybody got together, raised money/grant funding and Growing Grounds Farm in Santa Maria was started. It first started in this location in 2000 and I came on board in 2002. I have essentially been with the Farm since the beginning. In the beginning we grew just flowers. We started to grow vegetables because we liked eating them. We then wanted to do plants because people liked to buy plants. So it just kind of grew from there!





I understand that you are a non profit organization that is associated with Mental Health Services, can you please share with our readers how Growing Grounds Farm is able to bring awareness to the community about Mental Health?

The idea of Growing Grounds Farm is therapeutic horticulture. Horticulture is therapeutic in the sense that you are watching things grow, your participating in bringing life to the planet, you are getting dirty, you are getting physical exercise. These are all the benefits that come with being outside. Growing Grounds gives people that are recovering from mental health issues a job or gainful employment. We accept people that are at any stage of recovery. Recovery can mean anything from being homeless, to still using drugs as a way life but needing to be able to work for a paycheck. We have had people move on to all kinds of different things from Growing Grounds. So, it is a stepping stone in recovery. Our main purposes are to provide physical exercise, emotional support, and a paycheck.



Do you feel that your location here in Santa Maria is an ideal climate for growing fruits and vegetables?

Oh yes, it is great! We hardly ever get frost; allowing us to grow a variety of healthy plants year round.





How can people in the Santa Maria Valley support Growing Grounds Farm?

Buying fresh fruits, vegetables, and plants from our Farm Stand is the best way to support us! We have special event fundraisers like a succulent sale in August, edible plant sale in spring, and a native plant sale in October. These are all fundraisers that raise funds that go back into the program. We do most of our networking and advertising on Facebook, but we also have an email list for news and events. For people without social media or email, we have news flyers that can be picked up at our Farm Stand.



What types of tools do you use here on the Farm? Do you have access to tractors or do you work mainly with hand tools?

We mostly use hand tools. We do have a tractor that we use for making raised beds, putting fertilizer in the ground before we plant, and for disking old crops. Disking is a light tilling on the ground's surface.





What type of items do you sell at your Farm Stand, do you sell any organic fruits and vegetables?

We are not certified organic because we didn't have an outside certifier come in and verify the Farm. However, we don't use any pesticides and we use only organic fertilizer in the fields. Everything is grown with organic practices, but we are unable to technically call our crops organic.



Is Growing Grounds Farm a seasonal farm, meaning do you guys sell fruits and vegetables all year long?

Yes. Right now is our biggest harvest time. We have tomatoes, zucchini, flowers...everything is exploding out here at the Farm! Now is the best time of year. July through October is typically our biggest selling time. Depending on when the frost hits, we could even be selling tomatoes all the way through November. Santa Maria's climate allows for a late season. We also grow crops during the winter like broccoli, kale, greens, and winter squash. We cure garlic and onions and have those available during the winter months as well.





Do you sell your produce to any local restaurants in the area?

No, we do not. Restaurants are always welcome to come visit our produce stand!



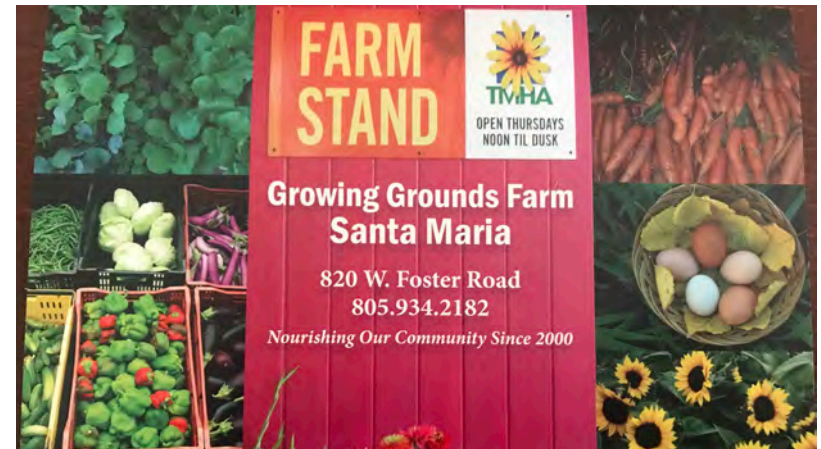
Does Growing Grounds Farm have any plans of expanding in the area?


At this point we are just trying to stay alive! We are completely dependent upon our sales income and grants. We no longer get funds from the county so, every year, we try to renew our contract with mental health services. If we are able to renew our contract, we will have a little more stability to stay in Santa Maria and possibly grow in the future. We will always continue to keep the program going with what we have, as long as we can.



What days and hours is your farm stand open to the public?

We are open every Thursday from noon until dusk and the second Saturday of the month from 10am to 3pm.





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