

## Raptor Creek Farm

On August 3, 2019 I visited Raptor Creek Farm at the invitation of Farmer Kristin Smith. The vastness of this project is one of the first things that impresses the visitor. An area of the farm has been set aside with raised beds. Some are for seniors and some for homeless and/or low income gardeners. All of the boxes were bursting with vegetables, herbs, berries and flowers.

Raptor Creek is currently undergoing a transformation. In the past three years, a conversion has been made from the use of GMO seeds and restricted crops, to organic, diversified foods. It struck me immediately that this was exactly what Genesis 1:29 was referring to: *“Behold, I have given you every herb bearing seed and every tree which is upon the face of the earth, which is the fruit of the tree yielding seed: to you it shall be for meat.”* Indeed in Biblical times Moses and Jesus ate foods from such gardens. There were no abominations of creation such as GMO’s. Toxic insecticides and herbicides did not spell death to innocent birds, butterflies and other members of God’s creation. At Raptor Creek, nature allows for natural pollination and insect control. With, I might add, some help from Kristin’s natural array of farming skills such as using marigolds to deter pests which she inherited on the farm from the mono cultures grown on the land for too many years.

The Food Bank is still caught in the paradigm of measuring the success of the farm by the weight of the food. Ironic in a situation where many of the recipients of the farm’s bounty are trapped in a diet which supplies too much food with weight, and not enough nutrients. Obesity among lower income people is due to the fact that most are eating devitalized food. Over eating is the body’s response. It seeks the natural nutrient rich foods which only organic foods can supply. Moreover, weighting the food boxes with potatoes and tomatoes puts an excess of solanine into the diet. This toxin manifests as joint pain. If we truly want to have a vital working population, we have to exercise some wisdom and kindness in what we feed them!

The Gleaning program allows our community an opportunity to reach out and share excess produce from trees and gardens with our neighbors. Love and generosity are the bonds which hold a community together. So much needed in our greedy, self-indulgent world. Kindly think about supporting the community efforts of Raptor Creek Farm with excesses from your own garden through their **Jo CO Gleaners Program** or your time helping in the fields Tuesday and Thursday mornings.

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