



Farm: Seed to Spoon

Location: 147 Bauline Line Ext. Portugal Cove

Open Since: 2009

Farmers: Nadya Bell – Sarah Crocker

Get in touch:

Email: seedtospoon@gmail.com

www.seedtospoon.ca

[@seedtospoon](https://www.facebook.com/seedtospoon)

[@seedtospoonfarm](https://www.facebook.com/seedtospoon)



Area used: 1/2 Acre including two greenhouses.

Main crops offered at the Market:

Beans, beets, broccoli, cabbage, carrots, celery, cucumber, cut flowers, herbs, kohlrabi, leeks, lettuce, onions, peas, peppers, potatoes, radish, salad greens, spinach, squash, tomatoes, turnip.



Our Farm Story

“Seed to Spoon is a small worker-run farm cooperative, operating on rented land in Portugal Cove. Since 2009, a mixed group of enthusiastic farmers have been growing field and greenhouse crops for a Community Shared Agriculture (CSA) program, local restaurants, and the St. John’s Farmers Market.

The base of our operation is the Lien Family Farm, a beautiful property with two acres of lovingly tended soil, several outbuildings, and two greenhouses.

Begun by organic pioneers Judy and John Lien, the farm has been in operation for over 40 years. Forested windbreaks, waterways, and perennial plantings are an important feature of the land. Soil rich with organic matter and indicators such as nettles and comfrey attest to the biodiversity and health of the farm.”



Times of Operation:

Seed to Spoon is a vendor at the St. John's Farmer's Market from June to November

Crops / Varieties	Harvesting
Beans	August to September
Beets	June to October
Broccoli	July to October
Cabbage	July to October
Carrots	July to October
Celery	August to October
Lettuce	June to October
Cucumber	July to September
Fennel	July to September
Arugula	June to October
Kohlrabi	July to October
Leeks	August to October
Onions	August to October
Peas	July to September
Potatoes	August to November
Spinach	June to November
Radish	June to November
Summer Squash	July to September
Winter Squash	August to September
Tomatoes	August to October
Turnip	June to November
Peppers	July to September
Cut Flowers	August to October
Herbs	June to October

Organic practices:

Among the pioneers of organic certification in the 1990s, the Lien Family Farm has always used organic and ecological farming methods. Seed to Spoon continues this tradition and is working with EcoCert Canada to offer certified organic produce in 2016.

Following the Canadian organic regulations, we use only certified organic inputs which includes finished compost, animal manure, kelp, bone meal, and shrimp meal. Our regular soil tests indicate high levels of fertility and organic matter.



We only use untreated seeds, which includes saving our own varieties, sourcing organic seed where possible, and prefer to support equitable and local seed companies.

Pest and Weed Control:

We rely on exceptional plant health to reduce pest and weed problems with our crops. Techniques include crop rotation, row cover, hand cultivation, and compost tea. We use certified organic products which include slug pellets, Bt, and diatomaceous earth.

Community Involvement:

Seed to Spoon is member of Newfoundland Horticulture Producers Council, Atlantic Canadian Organic Regional Network (ACORN) and St. John's Farmers Market.

For more information please contact us at seedtospoon@gmail.com, follow us on twitter [@seedtospoonfarm](https://twitter.com/seedtospoonfarm) or facebook.com/seedtospoon

