

HOOK MOUNTAIN GROWERS

A Micro-Farm in the Hudson Valley

NYACK, NEW YORK



HOOK MOUNTAIN GROWERS



FROM SEED TO SEEDLING: THE INS AND OUTS OF HOW WE GREW YOUR PLANT

The balance is shifting. We want to know where our food was grown, what practices were used and who was personally involved in growing our food. As transparency becomes more and more important we wanted to provide you with detailed information about the seedlings you buy that will eventually feed and sustain you.

Seed Selection and Varieties

All of the seed companies we use have taken the safe seed pledge. This means no genetically altered seeds.

Biodynamically Influenced

Plants have been long believed to be affected by the moon. We follow the biodynamic calendar and plant accordingly.

Seed Inoculation and Soil

We used cutting edge science to provide your plant with the most optimal conditions for vitality, disease resistance and ultimately nutrient dense produce. We know of no other nursery or farm that is offering this.

Sustainability

Soil blocks eliminate plastic trays, solar energy and creative geothermal energy is used and Cowpots take the place of plastic pots.

FROM SEED TO SEEDLING...



Seed Selection and Varieties

All of the companies that we purchase seed from take the “Safe Seed Pledge” which assures us that they do not sell genetically modified seeds. Our list includes the Hudson Valley Seed Library, High Mowing Organic Seeds, Territorial Seeds, Johnny’s Seeds, Baker’s Creek Organic Seeds, Kitazawa Seed Company, Renee’s Garden, Botanical Interests, Seeds of Change, Sand Hill Preservation Center, Peaceful Valley Farm Supply, Thompson & Morgan and Seeds of Italy*.

Many of the varieties we’re offering, we’ve grown and tested ourselves. We also carry items that are rare and often difficult to obtain.

Biodynamically Influenced

Though we are not a biodynamic farm, we do adhere to the biodynamic calendar when seeding and transplanting. There are many ancient cultures that plant according to the phases of the moon and planetary positions. For example, in South America, palm leaves for thatched-roofs harvested during the

waning quarter of the moon last 5 years longer than those harvested at other times! The biodynamic calendar is based on similar principles; There are certain dates based on planetary positions that affect the growing of vegetables and fruits i.e. leaf, root, flower and fruit.

A MODEST
GARDEN
CONTAINS, FOR
THOSE WHO
KNOW HOW
TO LOOK AND
TO WAIT, MORE
INSTRUCTION
THAN A
LIBRARY.



-Henri Frederic Amiel

The use of this calendar, through vigorous studies by Maria Thun, has yielded stronger, healthier and more nutritious veggies and fruits based on the influences of the moon and planets.

Seed Inoculation and Soil

These are the most important steps we take to ensure that your seedling will be stronger and more resistant to disease and insects than those conventionally and even organically grown. A stronger plant also means more productive and more nutrient dense than those grown without these techniques. For more information about this technique, read our blog on [Nutrient Density](#).

By coating the seed with a naturally occurring live microbial product that breaks down nutrients in the soil for quicker absorption by young roots, the plants get an extra-boost and are more vigorous and healthy. It’s like a probiotic for the soil.

Potting Soil is locally produced by McEnroe’s Organic Farm in nearby Millerton, New York. It is enhanced with minerals that ensure plant growth and eventual high density nutrition to you.

* Seeds of Italy did not participate in the Safe Seed Pledge because they are a company based in Italy. They have provided more than adequate information to us about their traditional methods. They do not use GM seeds.

Sustainable Practices

Soil Blocks: Use of this device is an ingenious method to eliminate seed starter plastic trays that are derived from finite fossil fuel sources. Seedling trays typically are flimsy and have a short life and even though trays are generally recyclable, this eliminates the resources and energy needed to produce the trays and to eventually recycle them.

Solar, Greenhouse and Geothermal Energy Use:

Many of your seedlings are grown months in advance to ensure they are ready for transplant when you need them. That requires electricity to provide higher intensity light to ensure adequate

photosynthesis and growth. We have installed solar panels to offset the electrical use and we use natural geothermal heat funneled from the basement by a simple low energy consuming fan to the greenhouse to ensure adequate temperatures for the plants. We have eliminated the need for high energy output heaters by this simple technique.

Cowpots: These 3-4" pots are the final containers after the 2" soil block. They are made from 100% renewable composted cow manure collected by local Connecticut dairy farmers. Don't worry, they don't smell! Peat pots, which are mined from bog eco systems, and plastic containers are not used. Best of all, you just plant

IN OUR SOCIETY
GROWING FOOD
YOURSELF HAS
BECOME THE
MOST RADICAL OF
ACTS.

JULES DERVAE



the pot in its entirety into the ground. Because you are doing this, rather than taking it out of a container, you will not disturb root growth. The pots are incredibly biodegradable and will give your plant, once it's in the ground, a boost of nitrogen for growth as it degrades quickly.

Love, Care and Attention



Love and Gratitude

Because we care about resources, farmers and local businesses, and promoting sustainability, we do not take the least expensive options. As we know with many things, sometimes the cheapest way in the short-term, yields more expensive costs in the long-term not just to the individual, but to our planet.

Masaru Emoto, a Japanese author and researcher documented that human intent or thought, when directed at water droplets, can create microscopic water crystal formations. The crystals appear in beautiful configurations if given positive thoughts like "love and gratitude" or unpleasant formations with negative words and intent. We love the work we do here both growing your seedlings and growing food here on our little farm and we think it shows through the vitality of each plant. We personally attend and care for every seedling and our care, attention and love, we believe, is transmitted in every plant you purchase.