

Edwin Marty to transform vacant land in downtown Birmingham into production organic farmland. They started their first lot in Southside by developing a job-training project with the YWCA. In the first summer, they sold their produce at the Pepper Place Farmers Market and to local restaurants. The following year, JVUF added two more sites for organic production.

Currently, three vacant lots have been reclaimed and converted into production, growing fruits, vegetables and flowers through the help of neighbors, high school students and volunteers. Locations include the Southside Farm at 2319 10th Ave. S., East Avondale Community Garden at Third Avenue South and 47th Street, and Gardens of Park Place at Seventh Avenue North and 25th Street.

This urban farm is also an important community resource providing educational and economic opportunities in an urban setting. Among them are an accredited high school science course in conjunction with the Alabama School of Fine Arts and a nutrition-based field trip called Seed 2 Plate.

Customers can buy fresh produce or grow their own vegetables on individual plots. Jones Valley Urban Farm products are available on Saturdays at Pepper Place Market from May through September, 7 a.m. to noon. They also sell their products at their Gardens of Park Place location at Seventh Avenue North and 25th Street from May through August. Check their calendar for dates and times as well as for classes open to the public at [jvuf.org](http://jvuf.org).

### McEwen and Sons

The McEwen family—Frank, Helen, Frank Jr. and Luke—owns and operates McEwen and Sons. On their stone burr grist mill at their Coosa Valley Milling Company in Wilsonville, the McEwens' mill organic corn into grits and polenta as well as yellow, white and blue cornmeal. Their organic whole grain meal has no synthetic nutrients or chemical

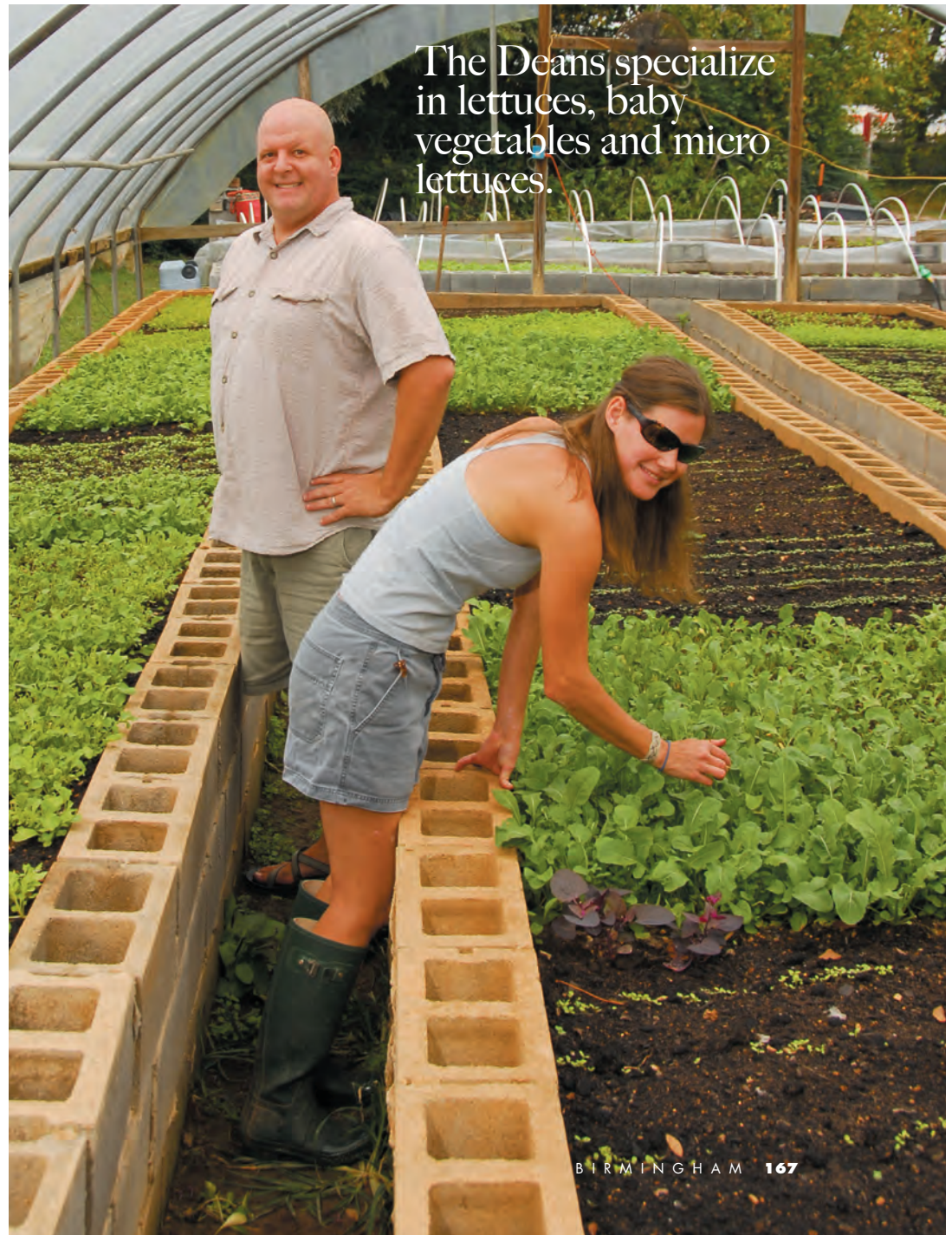
additives. They smell sweet and fresh and are full of flavor. And they produce organic, farm-raised eggs from cage-free hens that are fed only natural feed that contains no antibiotics, hormones or animal protein.

The McEwen grain products are found at Piggly Wiggly in Crestline and Homewood, Tria Market and V. Richards, and their eggs are available at V. Richards. Their products are also available at their store at Coosa Valley milling at 30620 Alabama Highway 25 South in Wilsonville and at their

booth at Pepper Place Market. Visit [coosavalleymilling.com](http://coosavalleymilling.com) for more information.

### Michael Dean Farms

Michael and Lindy Dean grow delicate and delicious organic veggies at their Leeds farm. A typical day begins at sunrise, hand-clipping and washing vegetables then spinning them dry in the planting shed's lettuce machine (a washing machine with only green "laundry"). Afterwards, calls are made to chefs whose orders are not



The Deans specialize in lettuces, baby vegetables and micro lettuces.