

Purpose and Inspiration

Ricky has a passion for growing food, and he and Danielle have always had a large garden. Laramie's climate influenced their decision to commute to Waverly to farm in order to take advantage of the 2 months longer growing season near Fort Collins.

Inspired by the book *Plenty* (or *100-Mile Diet*), about a group on Vancouver Island who limited their foodshed to 100 miles, Ricky and Danielle want to provide fresh, healthy, clean food to their community. They see their farm as a way of "giving back" to the community, and they sell only in Laramie. Because they live here, money spent on their produce is circulated mainly in Laramie.



The farm in Waverly



Future Plans

Ricky and Danielle plan to expand a little next year so that they can produce more for Big Hollow Food Coop and local restaurants. To do that, they plan to hire one full-time worker who lives near the farm.

Ricky and Danielle want to thank all their Laramie customers. It is gratifying to them that people appreciate the high quality food they produce and are willing to pay a bit more in order to support organic local agriculture. While shares in Community Supported Agriculture are popular, one of the advantages of buying at the farmers market or coop is that people can get their favorite vegetables in quantities they can use. Sheila Bird Farm hopes to fill that need in the community, providing a wide variety of produce at fair prices through the growing season. As the picture of their table at the Laramie Farmers Market shows, their produce is bountiful and beautiful.

SHEILA BIRD FARM

Ricky Kent and Danielle Monique,
Owner-Managers

Farm Location:
356 W. County Road 68
Waverly, CO

307-742-8745



Production Methods

Sheila Bird Farm uses organic methods, although it is not certified organic. They use organic liquid fertilizers injected through their drip irrigation system. They are also increasing their use of cover crops to maintain fertility. They control weeds by hand. They use the New Organic Grower (by Eliot Coleman) and Market Farming Success (by Linn Brycznski) as their two most important references.

Ricky and Danielle have a 600 sq. ft. greenhouse in Laramie and they rent 1 ¼ acres, on the site of an old horse corral, near Waverly (Fort Collins). They have a drip



Sheila Bird Farm, Waverly, CO

Products Sold at Big Hollow Food Coop
potatoes, herbs

Other Farm Products

wide variety of vegetables (for Laramie Farmers Market)

irrigation system on a timer, and Ricky and Danielle drive down 3 days a week during the growing season to tend the farm, with occasional part-time help. Danielle's mother, Sheila (after whom the farm is named), is the "water manager." They have had their water tested for chemicals and pesticides (it is excellent quality and uncontaminated), and will have their soil tested this coming year.

Next year, Ricky and Danielle will buy seedlings from various vendors rather than start most of their own plants from seed. Although they have a small greenhouse, starting seeds in Laramie is energy intensive. It is also time-consuming and they both have jobs, so they will use this time-saving approach. They will continue to use seed for some rare varieties that are not available as seedlings.