

# Strength in Sustainability

by Ramona Huff

**W**ell we have moved into “Gamma’s house” at Marks Manor in Louisa County. This farm was purchased in the 1800’s by an elder Marks for the sum of \$35.00 for 500 acres. It is a farm rich in history and we are lucky to be part of it. It has remained in the family since then and both brothers still reside here. It was a productive tobacco farm and all the old tobacco barns have been painstakingly cared for to this day, even though they are no longer drying the crops. All their children are grown and gone so they have adopted our two kids. Every day is a history lesson as Russell tells them about the slave graves down by the river and shows them the hand dug well that Gramma got all her water out of using a bucket. CR who is a water connoisseur appreciates the fine quality.



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get a little fishing in then canning and freezing in the afternoon. They have been composting their entire lives, not because it is trendy or makes them feel good but because they understand sustainability. To them “sustainability” is not the latest catch phrase it has been a way of life for them. That and along with helping out a neighbor in need or leaving someone with a kind and humorous phrase that makes them smile. Catherine is having a big time hanging out with Aunt Brenda and I am eternally grateful for her wisdom and patience.

All the animals were cooperative in the big round up and are also in a temporary location until we can all be re-united. We did have one rooster that evaded our late night round up, we gave him another chance the following evening but still he wanted to remain. Knowing that if he were left here alone, he would soon be a coyote’s dinner—so we made him ours. We had run out of propane with a few days left before our departure so we set up our camp grill outside and put

And that is what its all about, enjoying good food with family and good friends, being good stewards of the land and animals and giving back to the earth. That is what sustains us. Gryffon’s Aerie is still in transition and I would like to take this opportunity to thank everyone for hanging in there and for sending me e-mails and messages of encouragement. We will be back soon and look forward to seeing all of you again. 🐔

*Ramona Huff, local farmer and food enthusiast. Along with her husband, Collins and their two children, CR and Catherine, they are Gryffon’s Aerie, heritage livestock and artisan meats.*

Last summer we were the recipient’s of Aunt Brenda’s bountiful harvest from her garden. Everyday when she would load me down with more fruits and vegetables she would complain about her pithy crop this

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year. Brenda’s garden would make any CSA owner drool with envy. Her gardening success does not come from books or seminars – she doesn’t have time for that. She does it the way her momma did it—good honest hard work. Up before it is to hot to get the weeding done, then perhaps she will

him in a Dutch oven. Since Collins and I were both extremely busy we left the cooking to CR. Collins instructed him carefully how to prepare “Coq au Vin,” a few steps were deleted due to the lack of groceries but the end result was a flavorful, tender and a delicious wholesome meal.

## Hero’s Lamb Stew

(from Kids Corner on page 15)

1lb. of ground or cubed lamb

1 tbsp. olive oil

salt and pepper to taste

3 cloves of garlic, chopped

1 diced onion

16 oz. of broth

24 oz. of tomato sauce

1 diced onion

Any favorite in-season vegetables—we

like: 3 ears of corn, cut from the cob

1 cup of peas, 1 cup of carrots

1 tbsp. of oregano or rosemary

Place lamb in Crock Pot on low, add olive oil, salt and pepper; stir occasionally until more brown than pink. Add garlic and onion; cook another 30 minutes or so. Add broth and any of your vegetables that are uncooked turn to high for one hour. Add tomato sauce and any cooked vegetables, return to low. I like to use oregano or rosemary, depending on my mood, but not both. Will be tasty in one hour but only gets better if simmered up to three. Enjoy!

local - fresh roasted - fair trade - organic

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