

Dear Friend,

When my partner, Geoff and I, were dreaming up Round the Bend Farm (RTB) just over six years ago, we had the amazing example of one of our favorite places on earth, Rancho Mastatal in Costa Rica. We also had a team of incredible folks, supporters, advocates, and activists as we dreamed, built, and opened up our hearts to what could be. When it started to become a reality, part of the process was creating RTB's vision statement, *a Center for **Restorative** Community*. The word "restorative" was very purposefully placed in the name. We tossed around all sorts of words - sustainable, resilient, abundant and even though the word "sustainable" was more widely accepted we felt that we didn't want to "sustain" what we, as society, had created - we wanted to restore.

We believe that climate change exists, that over-consumption is abound, and that all too often we are disconnected from our own selves, let alone the planet. At RTB, we strive to restore that balance, daily, weekly, monthly and hopefully it will make a small dent over our lifetime. With every decision we make, we have the opportunity to be part of the solution or part of the problem. There is no question I fail, probably on a daily basis, yet it is my hope and our collective hope at RTB, that we choose to be part of the solution more often than not. We strive towards empathy, respecting and valuing difference, a small carbon footprint, and following our hearts and passions every day - in big and small ways.

Part of our solution based decision-making is what we eat and how we live. For more in-depth opportunities to join us in our quests, check out this month's [Food is Medicine](#) blog featuring lambs quarters. This super food is commonly referred to as a "weed," however at RTB we cherish her nutrients. It's in season now and the best part is that it grows voraciously without human effort! Reminder, this month's [Open Farm Day](#) is on Saturday, June 20th. Local jazz band, Native Spaces, featuring spoken word artist, Erik Andrade, will be performing from 4-6:00pm and fresh veggies and grass-fed beef will be for sale. Click [here](#) to find out what else we have in store.

In service and solidarity,

A handwritten signature in cursive script that reads "Desa".

Desa VanLaarhoven
Director
Round the Bend Farm