



## Broccoli, Eggs and an Economic Stream

“Working at the farm, growing my own food, doing taxes, selling my chickens and eggs – it’s all a part of how I’m creating an economic stream for myself,” said Penny Lund, a second year WISEWOMAN gardener from Merritt, Michigan.

Penny grew up downstate. “My family left Pontiac when I was young and moved to the

country. But growing up we never gardened. When she was eighteen, Penny moved to Knoxville, Tennessee. “I rototilled a small spot but it wasn’t very successful.” She tried again fifteen years ago when she moved to her current house. But her 20’ x 50’ plot didn’t do well either.

Then she started down a gardening path that landed her

where she is today.

First she got connected with Transitions Cadillac, an initiative dedicated to creating new ways of living that are more nourishing, fulfilling and ecologically sustainable. Next she attended a WISEWOMAN tour of a local farmer who uses regenerative farming practices. “I really got inspired.”

After that, it was a

WISEWOMAN nutrition education class where she met Anne Gothard, another WISEWOMAN gardener, “Annie mentioned her farm. Another WISEWOMAN Shirley was also there. Shirley and I started helping at the farm, building greenhouses, watering, planting. It’s been over a year and we’re still there.”



“Trading work hours for food means I’m able to eat fresh food I could never afford.”

“I now do the farm’s books,” said Penny, who got a B.S. in Business Administration in 2011. “I can’t tell you how much I use what I learned on the farm. Everything from building relationships with Community Supported

Agriculture (CSA) clients, to how you handle yourself with partners. I use my degree every single day. I love the business aspect of farming.”

This year Penny grew tomatoes for 3rd Day on her own land. 322 plants to be exact! “I broke even, but I learned a lot about the soil and how to improve it. The peer-to-peer mentoring I got will

help me understand the soil wherever I go.”

“I’m actually not very comfortable selling, so I do what I do best and let 3rd Day do my sales. It works beautifully.”

Next year Penny plans to raise meat chickens and sell them at 3rd Day. “Last year I got chickens. The idea was to get a test batch of twelve.

When I got to the store it was the last day of a ½ price chicken sale. I left with 30 of them!

She has also planted 6 x 100 foot rows with cover crop. “I’ll be growing butternut squash to keep down weeds.” She also plans to grow things she’s never grown before on a larger scale. “Like four 36 foot rows of broccoli.”

“Without WISEWOMAN and all that I’ve learned I’d probably still be growing but without the relationships and knowledge that I carry today. Gardening is my solace, my peace. It’s physical and mental good health. It’s food. There’s no piece that isn’t healthy. I’ve worked office jobs and just kept getting wider. I keep coming back to nature to get healthy.”