

#whywegrow in your words

At High Mowing, we grow because we believe in the power of seed. When we asked you, our community, why you grow your answers demonstrated a power equally humbling and moving: **the power of community**. This outpouring of stories truly reveals the potential of what we can accomplish together. Here is a sampling from growers young and old, new and veteran, urban and rural, large and small...We hope you find them as inspiring as we have.



“Clementine, I grow for you because you deserve it. Your smiles encourage us to work harder, but your childlike fascination in the field forces us to slow down and appreciate the many things that make farming so special. I grow because I love you more than growing itself.”

Nick Usner owns and operates **GROW. Farm** in southeast Louisiana with the help of his brother, Vincent and daughter, Clementine. The trio farms on several acres, producing organic and specialty heirloom produce including organically raised free-range eggs, figs, herbs, fruits, vegetables and wild foraged mushrooms. GROW. Farm attends the Covington Farmers' Market every Saturday, year-round, rain or shine, to share their sustainably grown harvests with the community of southeast Louisiana. [@grow_farm](#)

“I grow because I believe healthy food is a right and that we can nourish ourselves and our communities in a sustainable way.”

Jamie Yeast manages food production at **The GrowHaus**, a nonprofit indoor farm, marketplace and educational center in Globeville, Elyria-Swansea, a food desert neighborhood in North Denver, Colorado. The GrowHaus works to ensure lasting access to healthy food by serving as a resident-driven community hub for food production, food education, food distribution, and economic opportunity. By placing a community growing hub in an urban area with contaminated soil, their hydroponic, aquaponic and mushroom growing operations demonstrate innovative, sustainable, and community-oriented urban farming techniques. [@thegrowhaus](#)



“It's hard to lay out transplant lines one-handed, but I still like to do it to remind myself that these bundles of joy, our kids, are the most important crop we are growing on the farm, hands down.”

In 2014, Max Becher and his wife Deirdre bought a 1964 Ford 4000 tractor on the side of the road in southern California. Inspired by friends, mentors and the philosophy of conscious culture, they have been farming regeneratively at **First Steps Farm** in Ojai, CA ever since. They were the inspiration and founders behind Ojai Valley Online Farmstand, a retail cooperative of local, organic producers in California's Ojai Valley. Today, First Steps Farm cultivates and nurtures one acre of mixed vegetables, five acres of olives and two young Bechers—without any tractor at all. [@firststepsfarm](#)



“Some may think we are crazy to hand out hundreds of pounds of organic produce every week, but we feel it's our duty to make sure our community has access to nutrient-dense, locally grown vegetables, no matter their age, race, gender, income, or disabilities.”

Share the Harvest Farm was founded on the belief that everyone is entitled to fresh, nutritious food. The majority of the produce Share the Harvest grows is delivered, free of charge, to food pantries, senior centers, affordable housing developments, public schools, and the women's shelter in their community. Launched in 2010 with a half-acre, a handful of volunteers, borrowed tools, and a dream, Share the Harvest now farms over five acres with full-time staff and seasonal apprentices from across the country. “Each seed holds unlimited potential,” they say, “You never know how one seed, one vegetable, one action, can completely change somebody's life.” [@sharetheharvestfarm](#)

“There is something so satisfying in growing healthy, tasty foods. Food is so core to our human existence.”

Dennis Skoworodko started **Our Farm** in the prairie lands of Saskatoon, Saskatchewan, Canada because he wanted tasty and healthy food—for himself, and for his community. Today, Our Farm distributes ethically grown organic produce through a traditional CSA model, an online retail store, and at their own farmers' market. “It seems to me that there is such growing evidence of links between good or bad health, and good or bad food,” says Dennis. “And if the healthy veggies can taste awesome—not sad-tasting like the ones that have been trucked across the continent—people will eat more health-giving food. I find it sad how often growing safe food is marginalized in our culture. It is such a joy for us to offer organic nutritious food for our customers.” [@ourfarmyxe.ca](#)

