

a la vuelta FARM



Adriana and Ricardo
foodsheddistro@gmail.com
www.alavueltafarm.com



Farm Location: City Heights

Farm Size: 0.3 acres

Main crop: Microgreens and Shoots

A LA VUELTA FARMS: SMALL SCALE FARMING MAKING A BIG IMPACT

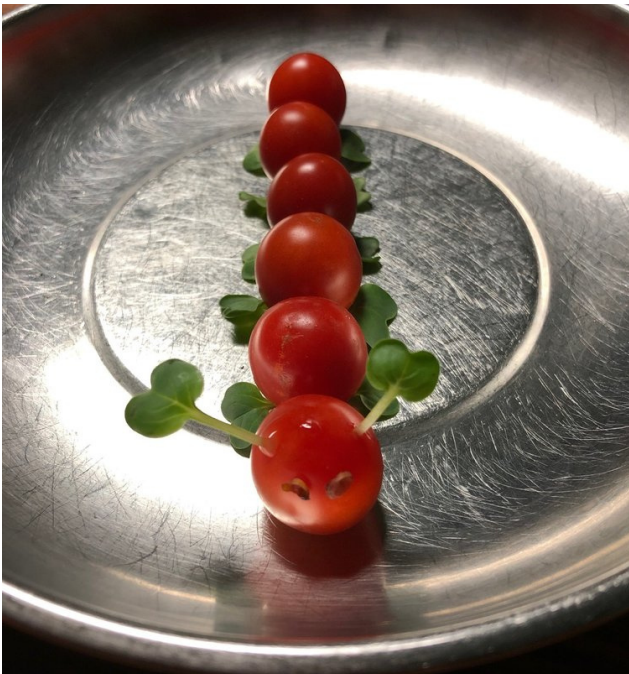
Meet Adriana and Ricardo of A La Vuelta Farms, a small micro-green farm in City Heights! Adriana and Ricardo began growing and experimenting with microgreens in 2018 and then launched their official business in 2019. "Microgreens and shoots made the most sense for an urban setting and the quick turnaround of the crop is great for kids to see time and time again." says Adriana about why they decided to grow microgreens as their main crop.

Adriana, growing up in the Imperial Valley, has a unique perspective on farming and agriculture, "I grew up around agriculture and always loved being connected in that way, but I also saw the negative effects of the industrial agricultural system and pesticides." Adriana saw firsthand how this unsustainable system caused harm to people she was close to, and the environment she was raised in. She has since chosen to connect back to the land in the right context, through regenerative agriculture, without the machinery and pesticides.

What stands out to Adriana about growing up in the Imperial Valley was her direct connection between harvest to enjoyment, "I remember going out into the field with my dad and harvesting a big watermelon and carrying it back and cutting it in half. He would eat one half and I would eat the other." This gift of direct connection continues to be prevalent with Adriana and her children now.

The microgreens and shoots at A La Vuelta Farms are grown in soil and sunlight, and focus on the seasonal growing calendar. Throughout the year, you can find broccoli, radish, kohlrabi, pea, and sunflower microgreens and shoots. "We take pride in our location and the priority that what we grow is accessible to the people in our neighborhood." Adriana hopes to honor her dad's connection to the land by continuing to grow food for her family, but now under the right conditions.

When they aren't growing microgreens, Adriana and Ricardo are both avid community organizers. Adriana enjoys her reading, spending time in the water, and dancing in a local dance group called "Mujeres de Resistencia." Ricardo loves to play guitar and sing, and spends much of his free time practicing music. A La Vuelta Microgreens are available weekly through FoodShed!



Adriana Barraza and Ricardo Cataño
foodsheddistro@gmail.com