





Farm Location: Bonita

Farm Size: .6 acres

Main crop: Lettuce

MORE THAN JUST A FARM

Ruth Arnett-Jordan of Paradise Found Vermiponic Farm is more than just a farmer; she is a visionary with a goal of changing the entire food system. Ruth, originally from England, grew up with vegetable plots and fruit trees in the garden. Ruth wasn't always an avid gardener, however, she spent a lot of time watching her parents and it must have rubbed off on her. On one occasion, she and her cousin earned spending money for a trip to Disneyland by selling tomatoes to the neighbors. Ruth has been backyard gardening and cooking since well before the advent of the internet.

Since founding her company, Renaissance Solutionz, in 2017, Ruth has been creating meaningful connections throughout her community in order to create a closed loop, local system which supports the building of healthy communities and regeneration of the environment.

Ruth left grad school in NYC to move back to Chula Vista in order to care for her mother, Sylvia, full time. Sylvia was diagnosed with MS when Ruth was 5. They found that Western medicine had little to offer to those suffering from autoimmune diseases and began experimenting with alternative healing modalities; that's when clean eating became a priority. With no luck finding organic food in stores at the time, Ruth began to grow her own. In 2011, Ruth moved to Bonita and has been small-scale farming on a little over half an acre of land.

Ruth focuses primarily on vermiponics, a type of hydroponic system that diverts organic waste streams from kitchens and gardens to the farm's sole employees - worms! Housed in a tower of stainless steel drawers, the worms eat the waste and, with the addition of water, create a nutrient dense "tea" which gets pumped into the growing channels to feed the plants. Ruth grows many different varieties of heirloom lettuce, hot peppers and chard using the vermiponic system. In ground crops include kale, tomatoes and cucumbers.

Ruth really enjoys giving tours of the farm and educating people about how they can use vermiponics to grow their own delicious, nutrient dense food. Paradise Found teamed up with Dark Nectar Coop - a San Diego business - to design a mobile farm called the PUFFY (Pop Up Urban Farm for You). PUFFY can be used to bring produce anywhere, from food deserts to farmers markets. With both systems being available to purchase, Paradise Found and Dark Nectar are leading the way to make affordable, hyper-local food available to the entire region.

By supporting Ruth and Paradise Found, you are investing in building flourishing communities by supporting innovative and unique ways to grow food! To learn more about Ruth and Paradise Found Vermiponic Farm, call 619-517-6371.

