

Over in Rockland, East of Ottawa,

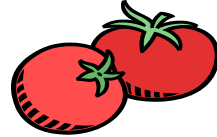
Farmer *Green* takes out

heirloom seeds for five varieties of
tomatoes he saved from last year's
harvest.

Farmer *Green* **plants** his seeds in
a passive **sun-powered hoop-**
house where they grow into small
seedlings.

Before transplanting his seedlings,
Farmer *Green* takes **composted**
manure from his cows to apply to his
fields to increase the nutrients in the
soil.

Farmer *Green* **transplants his seedlings by hand** in a field with many other different vegetables and flowers to minimize pests and attract insects.

In July, Farmer *Green*'s tomatoes
are **red** and juicy! Early in the
morning, Farmer *Green* and his
farm team **pick the ripe tomatoes**
and wash them. 

A few hours later, Farmer *Green*
packs up his tomatoes and drives
to the Ottawa **Farmer's Market**,
about 50 km away.

The Smith Family takes a family
bike ride to the Market on
Saturday morning and buy three
different kinds of tomatoes directly
from Farmer *Green*.

Back at the farm, Farmer *Green*
selects his best tomatoes and **saves**
the seeds for next year.