

# Local Organic Farming on “The Cutting Veg”

*Daniel Hoffmann runs “The Cutting Veg,” an organic farm in Brampton with abundance for all.*

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In accordance with his personal mandate of improving the world, Daniel Hoffmann was finishing his studies in Social Work in an effort to root out social injustice. However, he soon became frustrated that he was trying to cultivate infertile soil. Daniel feels that people’s personal problems, such as poverty and hunger, stem from the competitive structures that govern our society. “It’s like three people fighting over eight pieces of pie. What’s the point of fighting? There’s plenty for everyone!” Daniel set out to demonstrate that “ours is a world of abundance” and opened an organic vegetable farm in Brampton and a related business called “The Cutting Veg.”

The organic model is all about cooperation on all levels. The conveniently located farm welcomes volunteers and interns trading their time and sweat for agribusiness knowledge and wholesome fresh vegetables. Even plants on the farm coop-

erate, with onions, garlic, Calendula, and Nasturtium planted next to other crops to provide effective insect repellent without the need for toxic chemicals. Daniel actively cooperates with the earth, “constantly trying to nourish the soil” that in turn nourishes us. Compost, organic material, and “Green Manure” (crops grown with the intent to be tilled under as fertilizer) all enrich the soil without the need for petrochemical fertilizers.

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The Cutting Veg has three main lines of business. First, organic produce is distributed through farmers’ markets and Community Supported Agriculture (CSA). Daniel’s CSA is called “Tikkun Adamah,” which translates loosely from Hebrew as “Improve/Repair the Earth/Soil.” For a small fee (\$25 or \$35 dollars weekly), one can buy a share in the bounty and pick up fresh produce throughout the growing season.

Next, “Global Garlic” is a service whereby food connoisseurs can order all manner of exotic and unique garlic — Per-

sian, Russian, and Italian, to name a few. While it may be true that “a rose by any other name would smell as sweet,” it turns out that garlic of different regions are not equally pungent.

The third business line is “Food Coaching,” which offers several services to help people grow food, from gardens to farms, as well as teaching them to store and preserve the harvest.

While Daniel would like to uproot certain aspects of capitalism, one should not assume he is necessarily against profit. The notion that all farmers are poor, toiling in vain under the hot merciless sun, is not one he shares. “I have learned a small-scale organic farmer can make a very good living.” At the same time, his organic practices ensure that nature is not harmed; moreover, he is trying to preserve it for future generations.

The slogan of The Cutting Veg is “Cultivating Personal, Social, Environmental, and Economic Health through Organic Agriculture.” Just as the ever-present safety recording at the beginning of a flight reminds us to put the oxygen mask on ourselves before attempting to assist others, Daniel emphasizes



*Daniel Hoffmann reaping the fruits of the collaborative labour*

that we must put healthy and nourishing ingredients into ourselves in order to be active and contributing citizens.

Daniel sees each person as a seed with all the commensurate potential and power. As we go through life we are pollinated by interactions and experiences with others. At times we may feel small and insignificant as a seed blown on the wind, but our power to shape and mould our generation and the generations after us is equally unstoppable — provided we find fertile soil. Daniel Hoffmann has set up a model by which we can all derive the nutrients — nutritional and

social — that we need to flourish. Giving him strength is his own affirmation:

*“From one seed an entire orchard can grow. So I shall be the healthiest seed I can be.”*

More information and opportunities to get involved can be found at:

[www.thecuttingveg.com](http://www.thecuttingveg.com)



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