

**PNS FARMS** was recently featured in the magazine of *Edible South Florida*, fall 2010 edition (cover shown on the right).

Inserts of their article on **PNS FARMS** which was featured under their article titled *Women Who Farm* follows below:

# edible SOUTH FLORIDA

Exploring our foods, our stories, our community by season



SOUTH FLORIDA'S WOMEN FARMERS • OYSTERS ON THE FORGOTTEN COAST • HOLIDAY RECIPES • FARMERS MARKETS

## Women Who Farm

Five women with very different backgrounds but united by passion, determination and connectedness to the land, are making their mark in our local food landscape.

Meet these South Florida women farmers.

By PAULA NIÑO • PHOTOGRAPHY BY ROBERT PAIENTE



## Alice Pena

### PNS Farms

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

Alice Pena used to have a hectic life as an international banker in Miami, traveling as much as three weeks out of the month. But she traded airplanes for farmland three years ago when her mother passed away.

It was a drastic change for the career-oriented Pena, who admits she helped little at the Homestead farm her parents bought 40 years ago. After her father died in 1978, Pena built her mother a house on the farm and visited on weekends.

"Every time I told my mom I would help her, she said 'no, you have your banking,'" she said.

Pena helped enough to get her feet wet but she has much to learn, particularly when she set out to get her egg operation certified organic. Today, Pena wakes up every day at 4 a.m. to feed and clean after 150 hens – "her babies" – that produce the weekly 50 to 60 dozen organic eggs that she sells through Redland Organics and by appointment at the farm. Bedtime doesn't come until 11 p.m.

It's hard and tedious work, but Pena says she enjoys her new career. "It's a physical and mental exercise because you're dealing with nature. It's even spiritual."



PHOTO BY PAULA NIÑO

