



Stethoscopes and Pitchforks

Doctors Emphasizing Good Health, at Work and at Home

When it comes to a healthy lifestyle, it would be tough to top Summit Medical Group's Daria Klachko-Totten, MD, FACOGS. She and her husband are surrounded by cows, pigs, chickens, turkeys, and lambs—not to mention pesticide-free vegetables—on their sustainable farm in Long Valley.

Dr. Klachko-Totten has always loved nature, and her husband, James Cheron Totten, DPM, dreamed of having a farm like his grandfather. In 2002 they purchased the 80-acre farm that became Totten Family Farm.

"It was a perfect fit for our family," says Dr. Klachko-Totten. She is a gynecologist at Summit Medical Group's Livingston office, and he is a foot and ankle surgeon in Newark. They have 11-year-old twins, Adriana and Natalie.

Planting the Seeds for Sustainable Farming

As physicians, the Tottens know that nutrition has a major impact on health, so their vision was to create not just any farm, but a 21st century homestead that responsibly produces food and animals using organic principles.

That meant years of preparation, including tending the soil until it was nutrient-rich for heirloom vegetables (high quality and not genetically modified or sprayed with

pesticides), as well as obtaining heritage livestock (animals raised in the traditional style where they can roam free and are grass-fed).

To help them operate the farm, the Tottens work with other sustainable farming advocates, including a farmer who takes care of the animals and harvests the crops, and a former Wall Street executive who raises free-range chickens on the property.

"My husband and I spend most of our free time working the farm, but with our full-time careers, the only way we can manage is with plenty of expert help," says Dr. Klachko-Totten. "We are fortunate to have a team of people who truly believe in naturally grown farming."

To share their fresh bounty, Totten Family Farm vegetables, eggs, and meat are sold daily at their farm stand, at local farmers markets, and through their webpage, tottenfamilyfarm.com.

Practicing What They Preach

Producing and eating pesticide-free foods has made life richer for the doctors and their children.

"I feel more energetic, and it's great to know that what we put on our kids' plates is nonprocessed, fresh, and chemical-free, not to mention tasty," says Dr. Klachko-Totten.

For the busy couple, Totten Family Farm is a way of life that reflects their deep commitment to healthy living.

"The farm has taught us so much about enjoying an outdoor lifestyle," says Dr. Klachko-Totten. "My husband and I are very passionate about healthy eating and proud to provide our family and the community with delicious, high-quality food."

Nutritional Know-How

Learn about everything from avocados to the latest cholesterol guidelines at our nutrition page, summitmedicalgroup.com/news/nutrition.