

What is in your box:

Spinach

Mixed greens

Head lettuce

Broccoli

Cress

Radishes

Chive flowers

Asparagus



Harvesting head lettuce

Every other week:

Rhubarb

Top Ten:

No cress, extra greens

Asparagus and Broccoli

Both asparagus and broccoli are cool weather, spring crops. This spring, you may have noticed that there has been limited “cool spring weather”...the result is that the flowers of these two plants rush toward bloom faster than they should. You can see this in the asparagus at the tip where the individual flowers are beginning to open. The same is true of the broccoli. In cool weather the vegetable would be able to grow to full size and stay tightly together. In hot weather it will grow too fast and begin to open almost immediately. The taste is unaffected, however so enjoy your “flowering” broccoli and asparagus!

Cress

Your cress comes in a plastic clamshell. It has crinkly leaves and a wonderful (I asked Matthew what adjective he would use, and he says “yummy” but that might not be descriptive enough...!), let’s see, how about a “zesty” flavor! This is the same plant as what grows in streams at Governor Dodge State Park except that we grow it in the ground. It has become a staple in the last few years here—enjoy it mixed with your more mild greens to add a kick to your meal!

Farm News

Wow! Did we skip spring this year?! I love this weather, and everything in the fields is growing like crazy, but it hardly seemed like the “beginning” of summer this past weekend. I hope that you all enjoyed some time with loved ones welcoming in the summer and remembering those who have passed.

We welcome Rachel back home for the summer—what a treat to have all three of our kids with us, and to have Rachel ready to work on the farm again is a delight. We also welcome Rachel’s boyfriend, Misha, here for two weeks. He is a pleasure to get to know and I imagine we will miss him when he returns to Oakland...thanks, Misha, for your good attitude and hard work on the farm.

Thanks to all who have been out this week—we have lots of you here this year, and we love it! If you haven’t been out and want to visit, know that you are welcome (and you don’t even *have to* work!). We will host our first farm party on Saturday, June 26 which is a good time to get a tour and see what happens out here if you can’t make it before then.

We have begun this year to share with members and others who read our website some other local producers. Please visit our home page at www.greenspiritfarm.com for information about local soap, honey, grains, and grass fed beef! It is amazing how much can be purchased locally...

Finally, you have a clear plastic clamshell type container with cress in it this week—please rinse and return to your drop site for us to pick up, sanitize and use again. This saves the farm, and ultimately you, money, and it is the environmentally sustainable thing to do! Thank you. The same is true with remembering to leave the wax box at your pick up site to be used again.

Have a healthy and happy week,

Jennifer