

What is in your box:

Spinach

Mixed greens

Cut chard

Baby kale

Head lettuce

Garlic curls

Broccoli

Asparagus

Garlic curls

These are the flower of the garlic plant. They are edible, pretty, and a sign that garlic is on its way! Chop and use anywhere you want a mild garlic flavor. Or baste with your favorite marinade and put on the grill...

Cut chard

Chard is related to beets and the greens are wonderful! At this size they can be added to your mixed greens or lettuce for your salad, or *lightly* sautéed with garlic curls, extra virgin olive oil and balsamic vinegar...

Baby kale

This is also a small version of a dark green leaf which can be used either raw in a salad or *lightly* sautéed with garlic curls, dark sesame oil, sesame seeds and soy sauce.



Scott and Lynne have fun at the farm on a sunny, warm day...!

Every other week:

No asparagus

Top Ten:

Extra greens/no chard or kale

Farm News

The thing about farmers, is that it is hard to keep them happy about the weather for very long...enough rain already!! What a cold and wet and dreary harvest day we had yesterday...Kudos to all who bravely shivered through—thank you!

Perhaps that is a good intro to a summary of how your food gets from the fields to your table:

Tuesday and Friday mornings somewhere between two and eight of us head out into the fields to cut, pull, pick or otherwise harvest the amounts of each item listed in your box to match the numbers for that day (we call the number matching “farm math” and it is a secret formula which no one but me understands (!). Those total numbers range from 10 (for every other week items), to 46 for everyone. In the case of the greens it is a percentage of the total available which is then divided by the numbers I need after it is cleaned. Farm math....

The food then is pushed, or carried, up (and it is *up!*) to the washstand where it is immersed in clean basins filled with our wonderful well water at 45°F. Greens are at least double washed and examined for any “non-green” items so they don’t show up on your plate(!) then drained and put in our cooler until they are weighed out for your boxes—again into that magic number of units. Bunched items are spray washed. Everything (except tomatoes and basil later in the season) is kept cool in our walk in cooler.

Once all the food is harvested and cleaned it is bagged and packed in your individual box depending on the type of box you ordered. Those boxes are then reorganized to go to the particular pick up site where you take over!

And now it is your turn to take that food and transform it into the next step—delicious and nutritious meals for you and your family!

Thank you, and have a great week,

Jennifer

Please remember to return the plastic clamshells!