

What is in your box:

Shunkyo semi long radishes

Buttercrunch head lettuce

Strawberries

Asparagus

Spinach

Mixed greens

Napa cabbage



Planting pumpkin seeds at a farm party

Top Ten differences:

Red leaf lettuce instead of Napa cabbage

Napa cabbage

This cabbage variety is good for slaw or stirfry. Try the recipe for Oriental Cole Slaw on the Recipe page. The holes in the leaves are from flea beetles—they won't hurt you but they are an example of the fact that your vegetables are NOT sprayed! Enjoy in good health!

Spinach

This is probably the last of the spinach until the fall. When the days get long, and some of them even hot (!), the spinach wants to bolt...(the term for beginning to flower). We have had a good run this year with the spring shares and then these first two boxes of the regular season, but now it is time to let it go and move into crops that can handle the heat and light of summer!

Farm News

It continues to be a busy place here at the farm...! Many more crops got in the ground, fields were cultivated, stakes were put in for the tomatoes, and new plants were seeded, and even grapes were planted for far distant wine and grappe! Thanks to all who stopped by to help—we love your contributions to the community of Greenspirit.

Our first deliveries and pick ups were fun and exciting, and had only the requisite few mixups! It is wonderful to have all of you at the farm and at the various dropsites again—thank you for making the farm such a valuable place for us.

Remember that next week, Saturday, June 27, is the first farm party. We will make strawberry ice cream, have a field walk, enjoy good company, and share good food together. We start at 5pm here at the farm. Please bring your own tableware, something to share, and a desire to meet new people. We look forward to having you here.

Have a great week,

Jennifer