

La Vista Weekly Weeder

Volume 14

October 12th 2015

Issue 21



Dear Shareholders,
We hope you have been enjoying the bounty! Harvest season has officially arrived. This is the season to celebrate. Nutritious greens, crisp peppers, vibrant sweet potatoes, and much more will be filling your baskets the next few weeks. The last pick up days are Tuesday 10/27, Friday 10/30, and Saturday 10/31. Enjoying the bounty? Stay tuned to details on how to sign up 2016 season!

Save the Date!

Sunday, November 1st 3-6pm
Annual Harvest Potluck

Free & Open to the Public

Bring a friend!

**Hayrides, Costume Contest,
Hot Apple Cider, Family Fun,
Face Painting**

A season in photographs

This Weeks Harvest

- ❖ Sweet Potatoes
- ❖ Tomatoes (last of season)
- ❖ Garlic
- ❖ Bok Choi
- ❖ Cabbage
- ❖ Head Lettuce
- ❖ Kale Mix
- ❖ Peppers
- ❖ Eggplant
- ❖ Tatsoi (Asian Spinach)
- ❖ Squash
- ❖ Radishes



POSSIBLE CHOICES:

- ❖ Broccoli or Cabbage

Pick Your Own: (Farm Pick Up)

All you can pick Green Beans & Cherry Tomatoes

Herbs: cilantro, dill, mint, lemon balm, oregano, sage, thyme, parsley

*** This list is subject to change depending on weather and crop availability ***

Events at La Vista

11/1 Annual Harvest Potluck
3-6pm
11/3 Crisis Center Harvest
1-5 pm
11/8 Crisis Center Harvest
1-5pm

VOLUNTEER WORKDAYS:

Every Tuesday &
Friday 9am-3pm

More Recipes

Farmer Crystals Recipes in Feast Magazine