

# La Vista Weekly Weeder

Volume 14

October 5th 2015

Issue 20



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 1<sup>st</sup> 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 Week's Harvest

- ❖ Sweet Potatoes
- ❖ Tomatoes (last of season)
- ❖ Garlic
- ❖ Bok Choi
- ❖ Cabbage
- ❖ Zesty Salad Mix
- ❖ Head Lettuce
- ❖ Kale Mix
- ❖ Peppers
- ❖ Eggplant

### POSSIBLE CHOICES:

- ❖ Scallions
- ❖ Squash
- ❖ Radishes/Turnips
- ❖ Tomatillos



**Pick Your Own: (Farm Pick Up)**

**All you can pick Green Beans & Cherry Tomatoes**

**Okra- 1/4 quart** (wear long sleeves and pants to harvest)

**Herbs: cinnamon basil, lemon basil, 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