

La Vista Weekly Weeder

Volume 13

May 16th 2015

Issue 1



Dear Shareholders,

The long anticipated share season is finally upon us. We hope you are as excited as we are for farm fresh produce packed with nutrients. We have been busy sowing seeds, transplanting crops into the fields, cultivating the rows, hand weeding, and applying mulch & compost. We truly hope you enjoy your share. Please remember that we pour our hearts into growing food for the community. Please remember that being a member of a CSA means that you share in both the risks and the benefits with the farmer. We cannot control the weather or Mother Nature so we ask for your patience and understanding during times when you might be expecting something sooner than it is ready in the fields or that you accept slightly blemished produce or greens with bug holes at times. Other times, you will benefit from receiving a bountiful supply of perfectly beautiful and abundant crops. We will take every possible measure this season to ensure you receive the full value of our share. We need your support in making sure this happens. Please consider adopting a crop in the you-pick field to come and weed at your convenience. Often, the weeds grow faster than the crops and so it really helps if as many volunteers as possible dedicate 3 hours per month to weeding. Volunteers help supplement the maintenance of the crops. We could also use help recruiting a few more members. Please share info about La Vista with your friends, family and on social media.

Sincerely, Your Farmers

This Weeks Harvest

- ❖ Head lettuce
- ❖ Salad mix
- ❖ Scallions
- ❖ Radishes
- ❖ Super greens (kale, chard, spinach & other nutritious greens)
- ❖ Bok choy
- ❖ Spicy greens



Pick your own

Strawberries
Herbs (mint, lemon balm, chives, garlic chives, oregano, thyme, parsley, cilantro)

VOLUNTEER WORKDAYS:

- ❖ Every Tuesday and Friday 9am-3pm
- ❖ Wednesday 5/20 3pm-6pm
- ❖ Saturday 5/30 7am-2pm
(rummage sale at St. Ambrose)
- ❖ Wednesday 6/10 3pm-6pm
- ❖ Wednesday 6/24 3pm-6pm

[Click Here to Renew your Membership!](#)

Rummage Sale to benefit La Vista Farm

Saturday, May 30th 7am-1pm

Please consider donating gently used items such as furniture, bikes, instruments, dishes, lawn equipment, tools, etc...

Please drop donations off at La Vista (in the shed to the left of the share room) no later than Thursday, May 28th

We could also use several volunteers to help with the rummage sale at St. Ambrose from 7am-2pm on 5/30

Contact Cindy at gels7@piasanet.com



EVENTS AT LA VISTA

- 5/19 Season Begins!
- 5/24 [Foraging 101 at Earthdance Farm 4-7pm](#)
- 6/7 [Feast in the Field - Slow Food STL](#)
- 8/16 Annual Tomato Fest at La Vista 3-6pm
- 11/1 Annual Harvest Potluck at La Vista 3-7pm
- 11/7 Crisis Center Harvest 10am-2pm

Take advantage of the seasonal you pick crops! **Strawberries** are only available in the early spring. Stock up in the next month and freeze your strawberries for smoothies.

Cilantro doesn't tolerate the heat. Be sure to pick lots of it to dry, make cilantro pesto & chutney or freeze in ice cubes.

[Current Members: Click here for information on PICKING UP YOUR SHARE](#)

Green Smoothie

- 1 cup strawberries
 - 1 frozen banana
 - 1 handful of salad greens
 - 1 handful of super greens
 - 1 cup of coconut milk or water
 - 1 tbsp honey
- Blend on high until smooth

[MORE RECIPES](#)

The Farmers Table

Salad in a Jar

Simple on-the-go meal!
Pour salad dressing into the bottom of a mason jar. Layer greens, radishes, scallions, herbs, sunflower seeds, and whatever else you wish. Squeeze fresh lemon over greens to preserve freshness. Shake before eating.



Farmer Crystals Seed to Table Recipes in Feast Magazine