

La Vista Weekly Weeder

Volume 13

May 26th 2015

Issue 2



Dear Shareholders,

The first pick up week went well and the share is bountiful for a spring harvest. Soon, the warmer weather will bring more of your favorites. Soon, peas, cabbage, Napa cabbage, turnips and beets will be ready. By mid-June, squash, green beans, kohlrabi and more greens will be ready. Tomato season doesn't officially begin until late July. Until then, we hope you enjoy the nutritious produce the farm has to offer each week.

Being a CSA member entails getting creative in the kitchen with whatever is in season each week. Typically, we just integrate the share into our existing favorite dishes. Try super greens quesadillas, a salad with each meal, minced radishes, herbs and goat cheese. On a sandwich, or add Bok choi to your favorite stir fry recipe. We hope you enjoy the bounty!

Sincerely, Your Farmers

ANNOUNCEMENTS

Please be on time to your share pick up. We cannot leave produce behind at the pick-up locations. Also, with over 100 members, we are not able to make exceptions if you miss your share pick up. You can always have a friend or family member pick up for you. We appreciate your cooperation.

- **Tuesdays at Green Earth 5-6:30**
- **Tuesdays and Fridays at La Vista Farm 2pm-7pm**
- **Saturdays at Garden Heights Nursery 7am-9am**

This Weeks Harvest

- ❖ Head lettuce
- ❖ Salad mix
- ❖ Scallions
- ❖ Radishes
- ❖ Super greens (kale, chard, spinach & other nutritious greens)
- ❖ Bok choi
- ❖ 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**
- ❖ **Saturday 5/30 7am-2pm**
(rummage sale at St. Ambrose)

[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@pisanet.com



EVENTS AT LA VISTA

- 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](#)

The Farmers Table

Lettuce Wraps

Use lettuce leaves as a substitute for bread or tortillas. It's a simple substitution that can be integrated into the daily diet. It is great for those on a low carb or grain free diet and also helps tremendously in the elimination diet to find if one has food sensitivities. Lettuce is rich in vitamins A, C, K and B vitamins. It also contains beta carotene and antioxidants.



Farmer Crystals Seed to Table Recipes in Feast Magazine