

# La Vista Weekly Weeder

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Issue 3



**Dear Shareholders,**

The rains watered the fields nicely this past week. Unfortunately, weeds also thrive when it rains. We are in need of several volunteers to Adopt-A-Crop in the You-Pick field.

Adopting a crop is simple. Just come at your convenience to weed any bed in the you-pick field. The perennial herbs, cherry tomatoes, Roma tomatoes, raspberries, blackberries, green beans, and okra would all highly benefit from being adopted by a volunteer. This would allow the farm crew to focus on the crop maintenance of time consuming trellising, mulching, hand hoeing and laying straw.

If you can't weed, please consider signing up to be a greeter. There are sign-up sheets in the share room.

Thanks Peg, Claudia and David for taking care of the strawberry patch!

**Thanks you volunteers & greeters!**

**Thank you to all those who donated to the rummage sale!**

## **This Weeks Harvest**

- ❖ **Head lettuce**
- ❖ **Radishes**
- ❖ **Kale mix**
- ❖ **Bok choy**
- ❖ **Rainbow Chard**
- ❖ **Cilantro**
- ❖ **Spinach**

### **POSSIBLE CHOICES:**

- ❖ **Broccoli or Squash**
- ❖ **Spicy Greens or turnips**



### **VOLUNTEER WORKDAYS:**

- ❖ **Every Tuesday and Friday 9am-3pm**

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



## 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

### Braised Bok Choy & Sugar snap peas

Slice Bok choy and rinse well. Add 3 tbsp. coconut oil to a hot skillet. Add Bok choy and sugar snap peas (strings removed). Add other veggies if you wish Stir in 3 tbsp. soy sauce, 1 tbsp. fresh grated ginger, 1 tbsp. minced garlic, 1 tsp. of toasted sesame oil and 1 tsp of rice wine vinegar. Sautee for about 10-12 minutes. Serve over a bed of rice.



*Farmer Crystals Seed to Table Recipes in Feast Magazine*