

# La Vista Weekly Weeder

Volume 13

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Issue 5



**Dear Shareholders,**

We still have about a dozen shares available for the 2015 season. Please share pictures of the farm or your beautiful bounty as well as your kitchen creations on your social media pages and with family friends and neighbors through word of mouth. The farm relies on its members to spread the word. Pro-rated shares can be purchased at [www.lavistacsa.org](http://www.lavistacsa.org)

There are still some crops that need to be adopted. The raspberry patch could use about four folks to weed and mulch it. The new patch of strawberries (just down the hill from the old patch) could also use some TLC. The farm relies heavily on volunteer support. The rain this week has been nice for most crops. However, weeds also thrive after a rain. We encourage you to pull a few weeds while you are picking in the you-pick field. Every little but helps.

Thank You to all of the Volunteers & Greeters, we truly appreciate your help!

In gratitude, Your Farmers  
Eric & Crystal Stevens

## This Weeks Harvest

- ❖ Head lettuce
- ❖ Kale
- ❖ Bok choy
- ❖ Napa Cabbage
- ❖ Squash
- ❖ Rainbow Chard
- ❖ Dill
- ❖ Garlic Scapes



### POSSIBLE CHOICES:

- ❖ Broccoli
- ❖ Beets
- ❖ Turnips
- ❖ Radishes
- ❖ Cabbage

## VOLUNTEER WORKDAYS:

Every Tuesday and Friday 9am-3pm

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



## Easy Kimchi

- 1 cup salt
- 10 cups water
- 1 Napa Cabbage
- 1 cup shredded carrots
- 2 tbsp. minced fresh Garlic
- 2 tbsp. minced fresh Ginger
- 1 Diced onion
- 3 tsp coconut sugar
- 6 tbsp. chili flakes  
(Korean chili flakes are best)
- 3 tbsp. apple juice
- 1 tbsp. honey
- 3 tbsp. sesame seeds (toasted)



Chop Napa Cabbage into 1 inch sections and add to a large mixing bowl. Pour salt into water and boil. Cool boiling water for at least 5 minutes. Pour water over Napa Cabbage and let sit for 15 minutes. Stir well, adding shredded carrots and let sit for a remaining 15 minutes. Rinse and drain.

In a separate bowl, combine the remaining ingredients. Add Napa Cabbage, until evenly coated with the sauce mixture. Store in a jar. Use within 2 weeks.

**ALL YOU CAN  
PICK PEAS IN THE  
YOU-PICK FIELD  
FOR A LIMITED  
TIME ONLY!**

Current Members: Click  
here for information on  
PICKING UP YOUR  
SHARE

## Events at La Vista

- 8/16 Annual Tomato Fest 3-6pm
- 11/1 Annual Harvest Potluck 3-7pm
- 11/7 Crisis Center Harvest 10am-2pm

## *The Farmers Table*

### Wondering what to do with all of your vegetables?

Rice bowls are an excellent way to utilize your share. Simply slice dice or chop all the vegetables you couldn't get to and sauté them in a little olive oil and rice wine vinegar. Add Braggs liquid aminos or soy sauce, ginger, garlic, fresh herbs, and a pinch of sea salt and cracked pepper. Try adding a teaspoon of turmeric to your rice while it's cooking. It turns the rice yellow and adds a layer of flavor. Turmeric has excellent anti-inflammatory properties. Rice bowls can also be topped with pickled or fermented vegetables. Rice bowls are one of fellow shareholder Tracey's favorite ways to prepare bok choy.



*Farmer Crystals Seed to Table Recipes in Feast Magazine*