

La Vista Weekly Weeder

Volume 13

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Issue 6



Dear Shareholders,

We have just a handful of shares left for the season. We could really use some help with publicity and spreading the word about the benefits of joining La Vista. Please share your photos of the harvest, the delicious dinners you cook with your veggies, and pictures of the farm itself on your social media networks. The farm is on [Facebook](#) and [Instagram!](#)

[Please click here to print a few posters and hang them around town.](#)

We can't do it without your support!

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

In gratitude, Your Farmers
Eric & Crystal Stevens

WISH LIST

The farm could benefit from the following donations:

- Large towels and sheets
- Scrap wood/ lumber
- Nails/screws of all sizes
- T-posts, tomato cages, chicken wire
- Rubber bands
- Yogurt containers for the you-pick field
- Scissors
- Working hoses
- Working weed whacker/ lawn mower

This Weeks Harvest

- ❖ Beets
- ❖ Head lettuce
- ❖ Kale
- ❖ Bok choy
- ❖ Squash
- ❖ Garlic Scapes
- ❖ Basil
- ❖ Scallions



POSSIBLE CHOICES:

- ❖ Carrots
- ❖ Cucumbers
- ❖ Kohlrabi
- ❖ Turnips
- ❖ Cabbage
- ❖ Napa Cabbage

VOLUNTEER WORKDAYS:

Every Tuesday and Friday 9am-3pm

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



Side Dish Ideas:

Roasted beets with goat cheese, honey & rosemary
roasted turnips, roasted squash with thyme & oregano,
cilantro rice, beet greens with red wine vinegar and
honey, shredded carrot salad with dill and golden
balsamic

I tend to spend just a few evenings cooking multiple meals to enjoy throughout the week. We are huge fans of leftovers at our house. When we receive a share each week, I cook 1/3 of it right away and it's usually enough for 2-3 meals. I make grains or rice to accompany the veggies and we have a salad with each meal. I love the flavor of the vegetables so I prepare them in a way that heightens and compliments them.

ALL YOU CAN PICK PEAS IN YOU-PICK FIELD FOR A LIMITED TIME ONLY! THEY CROP WILL BE DONE SOON BECAUSE OF THE HEAT... ONLY ONE MORE WEEK!

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

One of the first cooking demos Eric and I did together was at the Salem Farmers Market nearly a decade ago. We made zucchini fritters with cucumber yogurt dipping sauce. Zucchini is often underappreciated. There is such an abundance of it in the summer. It literally grows overnight. It is very versatile and can be used in a variety of sweet or savory dishes.

Zucchini Fritters

- 2 med-large zucchini (shred and press the excess moisture out)
- 2 eggs
- 2 tbsp. scallions
- 1 roasted red pepper (chopped)
- 2 tbsp. flour
- 2 tbsp. bread crumbs

A pinch of sea salt & a pinch of freshly cracked black pepper
Combine all ingredients and pan fry in 1/2 inch of coconut oil

Cucumber Yogurt Dipping Sauce

Combine 1/2 cucumber chopped with a tbsp. fresh dill, a pinch of sea salt and 1 cup yogurt



Farmer Crystals Seed to Table Recipes in Feast Magazine