

# La Vista Weekly Weeder

Volume 13

June 29th 2015

Issue 7



## Dear Shareholders,

We hope you have been enjoying the bounty of your share each week. We have had a great harvest year so far. However with the influx in rainfall this past month, the weeds are taking over in certain areas of the farm. Weeding is one of the number one priorities on the farm to ensure a healthy crop and a good harvest yield. Please consider adopting a crop or showing up on field days to help harvest and weed as a group. If you adopt a crop, you can come at your convenience to weed. Thank you David for adopting the raspberries! He could use 3 more folks to help him remove the weeds in the raspberry patch. Thank you Toni for adopting the strawberries. Toni could also use a few more folks to help her tackle the weeds in the strawberry rows. Thank you Shelia for adopting the green beans. The following crops still need to be adopted: blackberries, culinary perennial herbs, Roma tomatoes, cherry tomatoes, okra, and banana peppers. Thank you Adi, Tracey, David, Toni, Shelia, Sean, and Petra for volunteering this week. 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

- ❖ Kale
- ❖ Cabbage
- ❖ Rainbow Chard
- ❖ Squash
- ❖ Kohlrabi
- ❖ Napa Cabbage



### POSSIBLE CHOICES:

Rainbow Beets or Carrots  
Potatoes or Cucumbers  
Onion or Scallions

### Pick Your Own:

All you can pick Green Beans & limited sungold cherry tomatoes (next to green beans)  
Herbs: basil, cinnamon basil, lemon basil, mint, lemon balm, oregano, sage, thyme, parsley, dill

## VOLUNTEER WORKDAYS:

Every Tuesday and Friday 9am-3pm

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



### Sara & Adi's Chipotle Slaw

- 1 Cabbage, shredded fine
  - 1 Napa Cabbage, shredded fine
  - 2 carrots, shredded
  - 1/2 cup mayo
  - 1/2 cup chipotle hot sauce
  - A pinch of sea salt
- Combine all ingredients & enjoy!



### Spicy Kohlrabi Fries

Preheat oven to 425. Peel kohlrabi into fries (1/2 inch thick x length of the kohlrabi)  
Toss in olive oil, a pinch of each: chili powder, red pepper, smoked paprika, sea salt and black pepper, as well as any other seasoning you would like.  
Bake for 20 minutes on 425.

**All you can pick  
Green Beans**

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 3-7
- 10/3 Taste of the Farm Fundraiser Dinner
- 11/7 Crisis Center Harvest 10am-2pm

## *The Farmers Table*



### SQUASH GALORE!

Left: Grilled Squash with BBQ Sauce

Right: Zucchini Noodles with extra virgin olive oil, sea salt, cracked pepper & basil

