

# La Vista Weekly Weeder

Volume 13

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Issue 4



**Dear Shareholders,**

We have been busy in the fields weeding, planting, trellising, mulching and harvesting. The Feast in the Field fundraiser for Slow Food St. Louis was a huge success. Thank you to all of those who helped to prepare the grounds. Thank you to all those who volunteered to weed and adopt crops in the You-Pick Field. They look amazing! We truly appreciate the support from all the wonderful volunteers who spend time offering helping hands! Thank you to our Core Group: Tom, Cindy, Jack, Jan, Susan, Gail, Lee, Pam and David for all of the support in making the farm operate smoothly. Thank You to our apprentices for truly making a difference in fields and for your optimism and eagerness: Phil, Charles, Danielle, Sean, Claire, Petra, Mariah, we appreciate your support! Thank you to all of the volunteers who regularly help harvest and plant: Elnora, David, Melissa, John, Becca, Peg, Claudia, Paula and Amanda. Thank You Tracy for weeding the perennial herbs!

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 mix
- ❖ Bok choy
- ❖ Napa Cabbage
- ❖ Squash
- ❖ Rainbow Chard
- ❖ Cilantro or dill
- ❖ Garlic Scapes

### POSSIBLE CHOICES:

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



## VOLUNTEER WORKDAYS:

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

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

*Highlights from Feast in the Field at La Vista Farm, a fundraiser for Slow Food St. Louis*



**A Huge Thank You to Eric's father, Barry Stevens** who received a paint donation and completely revitalized the barn and shed! He spent hours painting with help from Eric's sister and nephew. He also spent several hours making the grounds look wonderful!



**Limited time only in the you-pick field:**  
(These crops don't tolerate the heat well)

- Strawberries
- Peas
- Cilantro

**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*

**Garlic Scape & Cilantro Pesto**

Combine 3 garlic scapes, 1/2 cup extra virgin olive oil, a pinch of sea salt, and one bunch of fresh cilantro, a handful of pine nuts (optional) and 1/4 cup of Asiago or parmesan cheese (optional) in the food processor or blender for 1 minute. Makes an excellent sauce for pasta or pizza.

**Additional Culinary Uses of Garlic Scapes:** Use garlic scapes just as you would use garlic. Chop, dice, blend or roast. You can also cook them whole in soups and stews. Blend them together with olive oil, vinegar and fresh herbs for a tangy salad dressing! Sister Maxine of the ELC at La Vista makes an excellent cilantro pesto pizza with squash and kale!



*Farmer Crystals Seed to Table Recipes in Feast Magazine*