

# La Vista Weekly Weeder

Volume 13

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Issue 9



## Dear Shareholders,

The tomatoes are starting to ripen. As much as we would like them to, they don't all ripen at once because of the weather and the different varieties that we grow. We appreciate your patience in the next couple of weeks with tomatoes as a choice. We want everyone to get equal amounts. Before you know it, you will get so many tomatoes that you won't know what to do with them! Farmer Eric has been working extra hard maintain the tomato plants. We have nearly 2,000 tomato plants in the ground and each of them require compost, straw, t-posts, stakes, trellising, and weeding. It is very time consuming. While he is busy ensuring a successful tomato crop, we ask for your help weeding and harvesting.

Thank You Phil, David, Sean, Charles, Danielle, Amanda, Missy, Toni, Elizabeth, John, Becca, Steph, Micah, Carin & family, Melissa, Petra, Claire, Forest, Sterling, Tom's nieces, Pam, Isaac for volunteering! Thanks to all the greeters and volunteers.

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 Week's Harvest

- ❖ Potatoes
- ❖ Onion
- ❖ Cucumber
- ❖ Lettuce
- ❖ Squash
- ❖ Kale
- ❖ Basil
- ❖ Green Tomatoes



### POSSIBLE CHOICES:

- ❖ Cabbage
- ❖ Beets
- ❖ Ripe tomatoes
- ❖ Green Beans

### Pick Your Own: (Farm Pick Up)

All you can pick Green Beans

½ quart cherry tomatoes

½ quart blackberries

Herbs: basil, cinnamon basil, lemon basil, mint, lemon balm, oregano, sage, thyme, parsley, dill

\*\*\* This list is subject to change depending on weather and crop availability \*\*\*

## VOLUNTEER WORKDAYS:

Every Tuesday and Friday 9am-3pm

[Click Here to Renew your Membership](#)



### Green Jean Ponzi's Recipe Suggestion from Simply Recipes

#### Beet Hummus Recipe

1/2 pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed\*  
2 Tbsp tahini sesame seed paste  
5 Tbsp lemon juice  
1 small clove garlic, chopped  
1 Tbsp ground cumin  
1 Tbsp lemon zest (zest from approx. 2 lemons)

Generous pinch of sea salt or

Kosher salt

Fresh ground pepper to taste

*\*To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4-inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork. Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel once they have cooled.*

#### Method

Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired. Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

Eat with pita chips, or with sliced cucumber or celery, or on a crostini with goat cheese and shaved mint.

[Read more here](#)

## Beet Hummus



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



Shredded cabbage with lemon, roasted potatoes & green beans and spicy roasted squash with caramelized onions and red pepper



Golden zucchini made into noodles using spiral slicer or scored and peeled with a vegetable peeler



Golden zucchini noodles with kim chi, toasted sesame oil, Braggs liquid aminos, soy sauce, and sriracha

*Check out Farmer Crystals Seed to Table Recipes in Feast Magazine*