

La Vista Weekly Weeder

Volume 13

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Issue 10



Dear Shareholders,

This is the time of year when the fields look less than perfect. It is a transition time in which the spring and early summer planted crops are completing their life cycles and the summer planted crops are just beginning. So far, this has been a banner year. The harvest has been bountiful even despite the heavy rains followed by high temperatures (not ideal). The crops are in continuous need of maintenance. There has been an influx in volunteers the past few weeks which is truly appreciated. We hope this trend continues as the weeds will continue to grow in the heat. Planting, hand hoeing, adding straw & compost and especially harvesting consumes our time so any hand weeding that can be done is very helpful.

Thank You Tom, Cindy, Phil, David, Sean, Toni, Elizabeth, Becca, Melissa, Petra, Callie, Claire, Sterling, Erica, Halle, Lucy, Calvin, Sarah, and Sara for all your hard work! Thank you to the Core Group Members and 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
- ❖ Cucumber
- ❖ Tomatoes!
- ❖ Squash
- ❖ Basil
- ❖ Green Tomatoes
- ❖ Garlic



POSSIBLE CHOICES:

- ❖ Cabbage
- ❖ Beets
- ❖ Onion
- ❖ Kale

Pick Your Own: (Farm Pick Up)

All you can pick Green Beans & Cherry Tomatoes
½ quart blackberries

Okra

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

*** 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](#)



Vegetarian Egg Bake

With green beans and Sungold cherry tomatoes



- 1 large squash (shredded)
- 15 sun gold cherry tomatoes
- 2 handfuls of green beans (ends removed and boiled for 4 minutes)
- 12 eggs
- 1 cup milk or cream
(I use plain coconut milk)
- 1 Roma tomato (sliced thin)
- 1 handful of kale (chopped)
- Salt & pepper to taste
- 6 leaves of fresh basil, minced
- 2 cloves of garlic (minced)
- Extra virgin Olive oil

Grease a medium baking dish. Layer the shredded squash and brush with olive oil. Whisk together eggs, milk, salt, pepper, basil, and garlic. Add tomatoes, green beans, and kale. Pour the egg mixture over the squash in the baking dish. Make this dish the night before and refrigerate if you are pressed for time on a morning you want a quick and delicious breakfast. Preheat oven to 400. Bake for 25-30 minutes or until set.

**All you can pick
Green Beans &
Cherry Tomatoes**

**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



Baked Squash Fries

- 1 large squash, cut into wedges lengthwise
- 2 cups panko crumbs, placed into a bowl
- 3 eggs
- Salt & pepper

Preheat oven to 425. Whisk together eggs, salt and pepper into a bowl.

Place the squash wedges one at a time into the egg, then the panko mixture, egg again and panko again. Place the finished wedges on a sheet pan. Once they are all coated, Bake for 20 minutes or until golden & crispy

Check out Farmer Crystals Seed to Table Recipes in Feast Magazine