

# La Vista Weekly Weeder

Volume 13

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Issue 11



## Dear Shareholders,

Please mark your calendars for Saturday, August 22<sup>nd</sup> 9am-2pm for a massive volunteer workday. Incoming freshman from SIUE are coming for a service day and we need as many shareholders as possible to help facilitate volunteers. The projects will be weeding, fence line cleanup, planting, mulching, spreading straw, green house cleanup, perennial maintenance, and more. We would truly appreciate if everyone could try and make it out to this important event.

Thank You Tom, Cindy, Phil, Julie, Sandy, David, Sean, Toni, Elizabeth, Becca, Melissa, Petra, Callie, Elissa, Claire, Sterling, 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
- ❖ Tomatoes!
- ❖ Carrots
- ❖ Basil
- ❖ Green Tomatoes
- ❖ Garlic



### POSSIBLE CHOICES:

- ❖ Cabbage
- ❖ Beets
- ❖ Onion
- ❖ Cucumber
- ❖ Squash

### 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](#)



# Tomato Fest



Please join us

**Sunday, August 16<sup>th</sup> 3pm-6pm**

**Tomato Games – Potluck - Family Fun**

Please bring a tomato dish to share for the tomato recipe contest.

Winner gets a basket of tomatoes and their recipe featured in the weekly newsletter. Kiddos can bring suits for splashing in the kiddie pools.

**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  
8/22 Volunteer Workday  
11/1 Annual Harvest Potluck 3-7  
10/3 Taste of the Farm  
Fundraiser Dinner  
11/7 Crisis Center Harvest 10am-  
2pm

## Pesto Time

Pesto is a simple way to prolong the freshness of herbs. Pesto can be made with any leafy herb but most commonly made with basil. The basic pesto recipe is:

- 6 cups of fresh herb (leaves only)**
- 1 cup of nuts** (Pine nuts or sunflower or pumpkin seeds)
- 1 cup of extra virgin olive oil**
- 2 cloves of garlic**
- A pinch of salt**
- A tablespoon of lemon juice to preserve freshness**
- ½ cup shredded parmesan or asiago (optional)**

Combine all ingredients in a food processor until you reach desired consistency. You can adjust the ingredients to your personal taste and desired texture. Adding more oil and lemon juice, for instance, will make the pesto runnier. By using less, you could make a more "spreadable" pesto for use on sandwiches.



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