

La Vista Weekly Weeder

Volume 14

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Issue 13



12 Ways to Use Tomatoes

- ❖ Sliced Fresh Tomatoes
- ❖ Fresh Salsa
- ❖ Caprese Salad
- ❖ Panzanella Salad
- ❖ Stuffed Tomatoes
- ❖ Roasted Tomatoes
- ❖ Grilled Tomatoes
- ❖ Canned Tomatoes
- ❖ Dehydrate
- ❖ Tomato Soup
- ❖ Tomato Sauce
- ❖ Chop & freeze

All current shareholders are invited to come this week and take advantage of **all you can pick cherry tomatoes, green beans, and basil**. Help yourself to one bunch of each herb as well. It would be very beneficial to the plants to pull a few feet of weeds while you pick.

Thank You Tom, Cindy, Phil, Sandy, David, Sean, Toni, Elizabeth, Becca, Elisa, Tracey, Amanda, and Charles 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

This Week's Harvest

- ❖ Potatoes
- ❖ Tomatoes
- ❖ Scallions
- ❖ Garlic
- ❖ Basil
- ❖ Zesty Summer Salad Mix

POSSIBLE CHOICES:

- ❖ Beets
- ❖ Onion
- ❖ Peppers
- ❖ Eggplant
- ❖ Butternut Squash
- ❖ Green tomatoes



Pick Your Own: (Farm Pick Up)

All you can pick Green Beans & Cherry Tomatoes

Okra- ¼ quart (wear long sleeves and pants to harvest)

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 16th 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



Classic Tomatoes on Toast

Sometimes simple is delicious. We love to savor the flavor of vine ripened tomatoes with this quick classic. Homemade fresh country bread is the best but any bread will do.

Simply toast the bread, add a layer of vegan mayo (or real mayo if you prefer); add a colorful array of sliced tomatoes and garnish with basil. Add a pinch of seas salt and freshly cracked pepper.

A drizzle of hot sauce is perfect for those who like spicy.

Check out Farmer Crystals Seed to Table Recipes in Feast Magazine