

# La Vista Weekly Weeder

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Dear Shareholders,

It's that time of year again when the rains cause the weeds to thrive. Regular weeding means higher harvest yields and healthier plants. Please consider adopting a crop. The following crops in the you-pick field could use some TLC:

Perennial herbs, Raspberries, Eggplant, New Green Beans, Okra

Thank You to everyone who came out for the volunteer work day on Saturday!



## Egg Stuffed Tomatoes & Peppers



We love to make use of the blemished tomatoes by cutting off the bad parts, scooping out a bit of the inside, and pouring a mixture of eggs, milk, herbs, goat cheese, and a pinch of sea salt. (Make this mixture and pour evenly into each tomato, filling it only  $\frac{3}{4}$  of the way full) Bake at 350 for 15-20 minutes or until egg has set. Use a smaller baking dish so that the tomatoes can prop themselves up. This works well for peppers as well.

## This Weeks Harvest

- ❖ Potatoes
- ❖ Tomatoes
- ❖ Garlic
- ❖ Basil
- ❖ Garlic chives
- ❖ Zesty Summer Salad Mix
- ❖ Squash
- ❖ Cucumber



### POSSIBLE CHOICES:

- ❖ Peppers
- ❖ Eggplant

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

All you can pick Green Beans & Cherry Tomatoes

Okra-  $\frac{1}{4}$  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 \*\*\*

## Events at La Vista

10/3 Taste of the Farm Fundraiser Dinner

11/1 Annual Harvest Potluck 3-7pm

11/3 Crisis Center Harvest 1-6pm

11/8 Crisis Center Harvest 1-5pm

## VOLUNTEER WORKDAYS:

Every Tuesday & Friday 9am-3pm

## More Recipes

Farmer Crystals Recipes in Feast Magazine