

# La Vista Weekly Weeder

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Dear Shareholders,

We hope you have been enjoying the nicer weather. The conditions are perfect for a visit to the farm. Please make use of the you-pick field and embrace the bounty while it is in season. Now is the time to stock up on cherry tomatoes and green beans. Freeze for the winter! We welcome all shareholders to come on Tuesdays, Fridays and Saturdays to **pick your own crops in the you-pick field**. On Saturdays, please make sure the gate is closed when you leave to prevent deer from getting in. This is a nice transitional time of year when the bounty and abundance on its way back. We have some nice crops to look forward to in the upcoming weeks such as winter squash, sweet potatoes, greens and salad blends. Until then, please enjoy the crops that are productive because soon, they will no longer be in season. Sincerely, Your Farmers



**Farmer Crystals Signature Dish... Ratatouille Casserole**  
In a glass baking dish, Layer 6 thinly sliced potatoes, 1 large thinly sliced squash, 1 small thinly sliced eggplant, 1 thinly sliced pepper, 6 cloves of fresh minced garlic, 2 thinly sliced tomatoes, fresh basil, thyme, oregano and parsley. Drizzle with ½ cup of olive oil and a pinch of salt and pepper. Alternate layers. Bake for 45 minutes on 400 or until potatoes are tender. Enjoy!

## This Weeks Harvest

- ❖ Potatoes
- ❖ Tomatoes
- ❖ Garlic
- ❖ Basil
- ❖ Garlic chives
- ❖ Arugula
- ❖ Kale & Chard
- ❖ Squash
- ❖ Peppers



- POSSIBLE CHOICES:**
- ❖ Eggplant
  - ❖ Cucumber

**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 \*\*\*

## 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