

La Vista Weekly Weeder

Volume 14

September 28th 2015

Issue 19



Dear Shareholders,

Each year, La Vista Farm holds a few fundraisers to help with operating costs and to keep the share prices affordable.

Won't you please consider attending this year's Farm Dinner Fundraiser? All proceeds go toward purchasing seeds and supplies for the farm. Your contributions will benefit the farm substantially. The farm dinner is prepared with love and local ingredients. Your farmers along with Chef Jack spend hours simmering, sautéing, seasoning and slow roasting La Vista Farm Veggies and Live Springs Farm meats to create a multi course gourmet sit down dinner. You can bring your own bottle of wine. New this year, Old Bakery Beer will be offering organic beer samples. Don't miss the highlight of the season! This event sells out fast!

[CLICK HERE TO PURCHASE TICKETS](#)



Seed to Table Salad
fresh from the farm

This Week's Harvest

- ❖ Sweet Potatoes
- ❖ Potatoes
- ❖ Tomatoes (last of season)
- ❖ Garlic
- ❖ Squash
- ❖ Zesty Salad Mix
- ❖ Kale Mix
- ❖ Peppers
- ❖ Eggplant



POSSIBLE CHOICES:

- ❖ Scallions
- ❖ Cucumber
- ❖ Radishes or Turnips

Pick Your Own: (Farm Pick Up)

All you can pick Green Beans & Cherry Tomatoes

Okra- 1/4 quart (wear long sleeves and pants to harvest)

Herbs: 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

[Click here to purchase tickets](#)



Taste of the Farm

At Beautiful La Vista Farm

Seed to Table Tasting Menu + hors d'oeuvres, dessert and Live Music

**Saturday
OCTOBER**

3rd

4 – 7 pm

\$40 per ticket \$75 per pair

fundraiser to benefit La Vista CSA Farm

La Vista Farm

45 minutes from St. Louis on the
bluffs of the mighty Mississippi
4350 Levis Lane
Godfrey, IL 62035

Visit us at

lavistacsa.org

crystal@lavistacsa.org

Taste

exquisite seasonal fare prepared by Seed to Table chefs

Feel

the October evening air

Hear

live music on the bluffs & during dinner

Featuring Local Fare provided by:

La Vista Farm Live Springs Farm Old Bakery Beer Goshen Coffee



A Taste of the Farm

Hors d'Oeuvres

- ❖ Live Springs Farm summer sausage, artisan cheese & crackers paired with homemade seasonal jams, dried figs, dates & grapes
- ❖ Butternut squash rounds with goat cheese and toasted pine nuts
- ❖ Spinach & Kale dip
- ❖ Beet Hummus

Vegetable Courses

- ❖ La Vista Field Greens Salad, Pickled Vegetables, Herb Vinaigrette
- ❖ Garlic Green Beans in Balsamic Reduction
- ❖ Layered Ratatouille Torte

Meat Courses

- ❖ Live Springs Farm Pulled Pork Sliders with Smoked La Vista Maple Syrup BBQ Sauce
- ❖ Herbed Meat balls with Sungold Cherry Tomato Ragu

Sides

- ❖ Artisan Bread with herbed butter
- ❖ A myriad of jars filled with La Vista Farm accompaniments

Desserts

- ❖ Gateau au Chocolate Cake
- ❖ Pecan Pie, Pumpkin Pie, Apple Pie- cinnamon whipped cream
- ❖ Baklava
- ❖ Chocolate Bark

Beverages

- ❖ Mint infused water, Sparkling apple cider
- ❖ Old Bakery Beer Company craft beer Samples
- ❖ Goshen Coffee with dessert

Menu subject to slight variations based on availability