

# La Vista Weekly Weeder

Volume 14

September 7th 2015

Issue 17



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](#)

Wondering what to do with the giant zucchini?  
Zucchini Noodle Pasta Salad

Use a spiral slicer to make zucchini noodles. Jazz them up with olive oil, apple cider vinegar, sea salt and pepper, garlic, tomatoes, fresh basil and any other veggie your heart desires.



## This Week's Harvest

- ❖ Potatoes
- ❖ Tomatoes
- ❖ Garlic
- ❖ Basil
- ❖ Zesty Salad Mix
- ❖ Kale & Chard
- ❖ Squash
- ❖ Peppers



### POSSIBLE CHOICES:

- ❖ Eggplant
- ❖ Radishes
- ❖ Tomatillos

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



# *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](http://lavistacsa.org)**  
[crystal@lavistacsa.org](mailto: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**