

# La Vista Weekly Weeder

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## Dear Shareholders,

This has been a banner year so far for harvest. The value of the produce in your share since the beginning of the season has exceeded the average amount that is paid for a share each week. We ask that you keep that in mind in the next month or two. Because of the heavy rainfall throughout the month of June, the fields were too wet to plant according to schedule. We ask for your patience during the windows of time when your share is smaller than normal and your enthusiasm when the share is bountiful. We work very hard to ensure you receive an abundant harvest each week. We also ask for your ongoing support with helping to weed in the you-pick field so that we can focus on priorities such as maintaining the longevity crops, continuing with our planting schedule and hand weeding newly planted crops.

Thank You to all of the Volunteers & Greeters who came out to volunteer this week! We truly appreciate your help!

In gratitude, Your Farmers  
Eric & Crystal Stevens

## WISH LIST

The farm could benefit from the following donations:

- Large towels and sheets
- Scrap wood/ lumber
- Nails/screws of all sizes
- T-posts, tomato cages, chicken wire
- Rubber bands
- Yogurt containers for the you-pick field
- Scissors
- Working hoses or hose fittings, nozzles, hose repair kits
- Working weed whacker/ lawn mower

## This Weeks Harvest

- ❖ Potatoes
- ❖ Rainbow Chard
- ❖ Cucumber
- ❖ Squash
- ❖ Kohlrabi
- ❖ Kale



### POSSIBLE CHOICES:

Rainbow Beets or Carrots  
Onion or Scallions  
Cabbage or Napa Cabbage

### Pick Your Own:

All you can pick Green Beans  
limited sungold cherry tomatoes (next to green beans)  
Herbs: basil, cinnamon basil, lemon basil, mint,  
lemon balm, oregano, sage, thyme, parsley, dill

## VOLUNTEER WORKDAYS:

Every Tuesday and Friday 9am-3pm

[Click Here to Renew your Membership](#)



### *Preserving your herbs*

Did you know that culinary herbs are also medicinal? Summer is a great time to start preserving your herbs. From drying to freezing in ice cubes to infused oils & vinegars... there are plenty of ways to preserve fresh herbs! [Check out my blog post for preserving ideas.](#)

**All you can pick  
Green Beans**

[Current Members: Click here for information on PICKING UP YOUR SHARE](#)

**Garlic Extravaganza**  
 Today!  
**Tuesday, 7/6 3-6pm**  
 Please join us as we harvest, peel & hang the garlic.  
 Look for us in the field or near the barn



### *The Farmers Table*



### **When in doubt, make a salad!**

Being a CSA member can be a bit overwhelming at times, especially when it comes to unusual crops like kohlrabi, Napa cabbage, bok choy and various greens. Since vegetables are the most nutritious in their raw form, often times we chop up most of our veggies and make a giant salad that will last a couple of days. I always add fresh herbs for flavor and medicinal properties. I love to also add a few handfuls of fresh herbs to the blender when I make a creamy balsamic herb vinaigrette.

*[Farmer Crystals Seed to Table Recipes in Feast Magazine](#)*