



CSA Newsletter | Week # 15

Notes from the Field

I hope you all were able to check out the big bright Harvest Full Moon/Lunar Eclipse on Sunday night. It was spectacular. We are in full on harvest mode around the farm with many roots being dug up and grain crops coming off the fields. It's a busy time of year for us as we try to harvest it all before the snow flies. It's a really challenging but rewarding time of year for us.

Just a reminder to those of you who bought a chicken share that we will finish the last 3 weeks of our CSA off with a weekly bird, so that starts next week.

We hope you will enjoy this week's bounty. Happy eating!

What's in Your Box?

- ★ Asian Greens mix
- ★ Autumn Salad Mix with edible flowers
- ★ Basil
- ★ Broccoli
- ★ Cabbage
- ★ Carrots 2 lbs
- ★ Corn
- ★ Green Onions
- ★ Mint
- ★ Onion Bunch
- ★ Potatoes 3 lbs
- ★ Steaming Greens Mix

Add-on Shares

- ★ Ground Beef
- ★ Dill Pickles
- ★ Barley Flour
- ★ Farm Fresh Free Range Eggs

BC Fruit Available this week

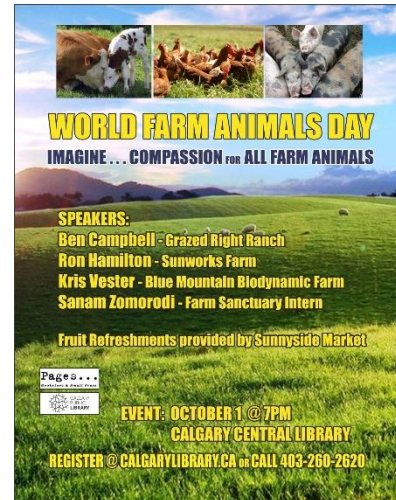
- ★ Asian Pears
- ★ Bartlett Pears
- ★ Field & Roma Tomatoes
- ★ Flemish Pears
- ★ Fuji Apples
- ★ Gala Apples
- ★ Kalpperton Pears (red skin)
- ★ Macintosh Apples



Fall Garden



Big Bright Sunflower



World Farm Animal Day Event



<http://www.bluemountainbiodynamicfarms.com/>