



CSA Newsletter | Week # 16

Notes from the Field

The only folks who love a beautiful Indian summer more than most are the farmers, and we are enjoying this gorgeous weather immensely! Grain harvest and other Autumn field work continues and the gardens are now, after the weekend's hard frost, really winding down. Nonetheless, we will be delivering a very diverse and delicious assortment of produce in this week's share and hope that at least some of it will find its way onto your Thanksgiving menu. We will also have a great variety of organic fruit and other produce (winter squash, onions, tomatoes, garlic) available for purchase on both Thursday and Saturday.

This week is the last for two of our employees, Jean-Francois and Kerri, and we are grateful to have had their help over the past five months. I am sure that you all share our gratitude towards them and join us in wishing them well in their future endeavours.

Happy Thanksgiving and happy eating!

What's in Your Box?

- ★ Arugula
- ★ Asian Greens Mix
- ★ Autumn Salad Mix; lettuce, beet greens, spinach, charnd & edible flowers
- ★ Broccoli *or* Cauliflower *or* Romanesco
- ★ Brussel Sprout Stock
- ★ Carrot bags – 2 lbs
- ★ Leeks
- ★ Onions
- ★ Potatoes – 4 lbs
- ★ Poultry Herb Mix; Parsley, Sage & Thyme

Add-on Shares

- ★ Italian Sausage
- ★ Whole Frozen Chicken
- ★ Diced Tomatoes
- ★ Red Fife Wheat Flour
- ★ Farm Fresh Free Range Eggs

BC Fruit Available this week

- ★ **APPLES** : Fuji, Gala, Jonagold, Red Delicious, Spartan, Macintosh
- ★ Coronation Grapes
- ★ **PEARS** : Asian, Klapperton, Anjou
- ★ **TOMATOES**: Field & Roma



Mamma & her piglets



Heirloom Romanesco broccoli



Kris on the swather cutting oats



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