



# CSA Newsletter | Week # 18

## Notes from the Field

Hello shareholders!

With bittersweet feelings we have arrived at the very last share of our 2016 Community Supported Agriculture season. While we are used to our share of challenges which quite naturally arise from being engaged in work which is entirely dependent on the natural environment, 2016 has been one for the record books. The extreme heat and concurrent drought conditions of the early part of the season gave way to a decent mid-summer which quickly turned into the unusually wet and cold late-summer and autumn. Nonetheless, we are pleased with the results of our efforts and, while there is still much work to do before we wrap up the season (grain to harvest, straw to bale, garden plots to clean out and fields to till), we consider the 2016 season to have been as great a success as it could have been under the circumstances.

We are extremely thankful for the team we assembled this year. They have worked relentlessly in all kinds of conditions and have maintained positive attitudes throughout. We are also filled with gratitude for you, our shareholders. Without your support we would not be able to farm with the clear purpose and vision which comes from being so closely connected to the people who eat our farm's products. It has been a pleasure to visit with you all each week and to build relationships which we value so much and which inspire our work.

We hope you enjoy the last share of the season. Happy eating and thank you so very much for supporting Blue Mountain Biodynamic Farms.

### What's in Your Box?

- ★ Arugula
- ★ Beets
- ★ Broccoli **or** Romanesco
- ★ Carrots (3 varieties)
- ★ Green Cabbage
- ★ Green Onions
- ★ Onions
- ★ Potatoes Fingerling
- ★ Potatoes Table
- ★ Sage **or** Thyme
- ★ Steaming Greens
- ★ Sunchokes

### Add-on Shares

- ★ Lamb Chops
- ★ Farm Fresh Eggs

### BC Produce Available this week

- ★ LOCAL ALBERTA HONEY FROM ABC : 250mL \$6, 500mL \$12, 10lb \$75
- ★ Organic Apples; Fuji, Gala, Jonagold, Spartan \$2.25/lb.
- ★ Organic Garlic \$12.00/lb.
- ★ Organic Onions \$3.00/lb.
- ★ Organic Pears Anjou \$2.25/lb.
- ★ Organic Pears Asian \$3.00/lb.
- ★ Organic Sugar Pie Pumpkin \$2.00/lb
- ★ Organic Winter Squash \$2.00/lb



Katie Jo has worked with us since 2012. She is our delivery driver, tractor driver and an all around handy gal, seen here bucking up a tree that fell in a recent wind storm.



Our amazing garden crew: Jessica, Franck & Jordan have seeded, weeded, picked and prepped your veggies all season!



Paul has taken care of our pigs, laying hens, meat birds and goats this season as well as helping us with many building maintenance projects. What a guy!

