



## CSA Newsletter | Week # 4

### Notes from the Field

Welcome to week 4 of our CSA!

The worst four letter word for farmers in our part of the world is 'HAIL', and this is often followed by other four letter words we shall not write here! On Tuesday evening we had our first (and hopefully only!) hail of the season. Although we only considered it a 1 or 2 on a scale of 10, it did do extensive damage to our lettuce, spinach and other delicate greens. Fortunately, most of the picking for this week's shares was already done, so you will not see much damage in your produce this week. The silver lining of this week's weather has been the generous amount of precipitation that we have received (with more in the forecast for the next three days), which was greatly needed for all of our crops. The coming week of sunny, warm weather will be great for plant growth now that moisture has penetrated down into the subsoil. This is good news for us all!

Feel like visiting the farm to see where your food comes from? You're all more than welcome to do so! Email Tamara if you feel like coming out, perhaps pulling some weeds and checking out the farm.

#### What's in Your Box?

- ★ Arugula
- ★ Asian Greens (spicy)
- ★ Baby Beet Bunches
- ★ Baby Kale
- ★ Big Green Wonder (lettuce mix topped with edible flowers and herbs)
- ★ Cilantro
- ★ Dill
- ★ Rapini
- ★ Spinach
- ★ White Stem Choy

#### Add-on Shares

- ★ Goat Chops & Goat Stew Meat
- ★ Farm Fresh Eggs

#### BC Fruit Available this week

- ★ Organic Apricots \$3.00/lb.
- ★ Organic Peaches Sm. \$3.25/lb. Lg \$3.75/lb
- ★ Organic Pristine Apples \$2.25/lb
- ★ Organic Vista Bella Apples \$2.00/lb.



Baby Beets, bunched and ready to go.



Carrot Seed is flowering.



Summer must be here, the Raspberries are turning Red.

