



## CSA Newsletter | Week # 4

### Notes from the Field

Things continue to move apace here on the farm. Plants are recovering from the hail we had last week, beds have been cleared in the garden to make way for new seedings of greens and other fall crops, hay is being put up and many transplants made their way into the gardens this week as well. Life is busy, with nary a moment to think too much about how many blessings we do have, in spite of the challenges, like hail storms, with which we have to reckon. We are truly blessed, however, to have such a supportive community of eaters behind us and to have such great people working with us to bring forth great food from the soil.

This week's shares are better than we had anticipated they would be last week at this time. Plants are resilient and it is a testament to the health of our soil that they have recovered to the degree that they have. Next week, barring any other weather related incidents, we should be more or less back on track for where we thought we should be at this point in the season.

We are full of gratitude for the hands and minds who do the work of growing, weeding, transplanting, harvesting, prepping and packing the food that makes its way onto your tables. Jessica, Jordan, Paul, Duncan, Ebony and Tatenda (with a special shout out to Michael who is volunteering with us for a couple of weeks) are a strong team and as resilient as the plants they tend! Thanks again to all of you for having us as your farmers this year.

#### What's in Your Box?

- ★ Arugula
- ★ Asian Greens Mix
- ★ Big Green Wonder Lettuce Mix **with Edible Flowers**
- ★ Cilantro
- ★ Dill
- ★ Green Onions
- ★ Napa Cabbage
- ★ Raspberries
- ★ Spinach
- ★ Sugar Snap Peas
- ★ Summer Squash

#### Add-on Shares

- ★ Pork Chops & Breakfast Patties
- ★ Farm Fresh Eggs
- ★ Whole Frozen Chicken (**for 'even' shares only**)

#### BC Fruit Available this week

- ★ Cherries from Zebroff's Organic Farm



Tilling beds in the West Garden



Transplanting Choy



BC fruit season has begun!

