



CSA Newsletter | Week # 4

Notes from the Field

We've thought you might like to know how to keep your produce cool once you pick it up. We do our best to keep your produce cool, but it is especially hard on those hot days at the CSA pick-ups to keep everything as cool as necessary. We recommend bringing a cooler with you – toss in some ice packs for good measure. Once the veggies get too warm, they will wilt and start to yellow quickly. Please get your produce into a fridge as soon as you can. We package most of the greens in bags for you to help keep them from wilting. We haven't had the moisture that Calgary has had. While we wish for rain, you'll find your veggies looking very beautiful. We are working hard to pick you the best we can.

What's in Your Box?

- ★ Arugula
- ★ Baby Beet bunches
- ★ Basil & Edible Flowers
- ★ Chives
- ★ Head of Lettuce
- ★ Peas
- ★ Rapini (Italian Broccoli)
- ★ Shallot Scapes
- ★ Sorrel
- ★ Spinach
- ★ Steaming Greens (kale, chard, collards)
- ★ Summer Squash

Add-on Shares

- ★ Lean Ground Beef (1 lb.) & Pork Hock
- ★ Raspberry Cardamom Jam
- ★ Rye Flour
- ★ Farm Fresh Free Range Eggs

BC Fruit Available this week

- ★ Apricots \$4/lb.
- ★ Peaches \$4.50/lb.



Squash & Blossom



Flamingo Pink Chard



Chives for bundling



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