



## CSA Newsletter | Week # 5

### Notes from the Field

The hay is all up off the fields and tarped, grain crops are looking pretty good and our gardens are responding to the heat and decent soil moisture with growth rates for some crops which are verging on scary. Peas are fully in production and the beans are coming on fast. Some of the cooler weather loving crops such as broccoli, cabbage and cauliflower are not enjoying this hot summer and its relative dryness, and are still not ready to harvest. A couple of good showers (without hail!) would do everything a lot of good, but we are still pretty happy with how the gardens are coming along.

We have finally managed to get a lot of our pigs out onto pasture and they are loving the freedom which the wide open space provides and, even more so, enjoying the possibilities of digging in fresh soil looking for tasty thistle and dandelion roots to consume.

Hoping you're all managing to keep cool on these hot days and that you are enjoying eating our products as much as we are enjoying growing them all for you. Looking forward to seeing you all over the course of the next three days!

#### What's in Your Box?

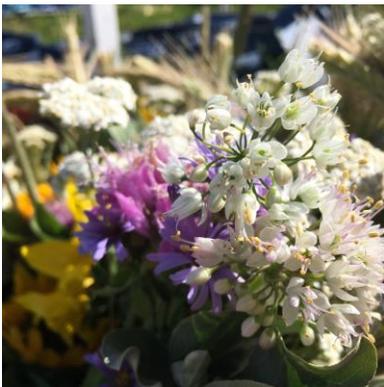
- ★ Arugula
- ★ Asian Greens Mix
- ★ Big Green Wonder Lettuce Mix **with Edible Flowers**
- ★ Chard
- ★ Cilantro
- ★ Dill
- ★ Green Onions
- ★ Kale
- ★ Napa Cabbage
- ★ New Zealand Spinach
- ★ Raspberries
- ★ Spinach
- ★ Sugar Snap Peas
- ★ Summer Squash

#### Add-on Shares

- ★ Smoked Bacon
- ★ Farm Fresh Eggs
- ★ Flower Bouquets

#### BC Fruit Available this week

- ★ Fresh Organic Garlic – **Honest Food Farm (BC)**
- ★ Heirloom Tomatoes - **Sunshine Earth Works (AB)**
- ★ Organic Cherries - **Zebroff's Organic Farm (BC)**
- ★ Organic Apricots - **Zebroff's Organic Farm (BC)**



Flower Bouquets start today!



Rye for flower bouquets



Last week for Napa Cabbage

