



CSA Newsletter | Week # 10

Notes from the Field

Hard to believe that we are already into the 10th week of our CSA! We have survived thus far with a lot of hard work, excellent management by Tamara to keep everything organized and flowing, and a great deal of humour to maintain levity, perspective and to remind ourselves that the weather does not have anything against us personally.

For these last weeks of our CSA we want to throw the spotlight on the awesome individuals who make up the team that grows your food and keeps the farm functioning. Jessica Cristo is in her 3rd year with us and in her 2nd year in the role of garden manager. Jess is going into her 4th and final year of a Horticulture Degree at Olds College this fall. Jessica brings lots of knowledge and skills to our operation and most importantly, an excellent attitude. There are lots of periods of intensity and stress in the work we do here, and as long as we can hear Jessica's characteristic and loud laughter occasionally ringing out across the farm, we know that things are going to be ok!

Last week we had our yearly visit from our Demeter inspector, who also initiated the process that will see our farm returning to Certified Organic status. Beginning next year, we will be carrying dual certification for organic and biodynamic status.

Oh, and the weather, it has continued to be hellishly dry and hot and the situation in regards to soil moisture is actually quite grim. Most of our potato plants have died, resulting in an estimated decrease in yield of at least 75% and we are keeping everything else going with judicious doses of water. We shall persist and survive what has been the hottest and driest summer we have had here in more than my lifetime. Next year will be better, right? Hope springs eternal in the farmer's heart!

What's in Your Box?

- ★ Basil
- ★ Beans
- ★ Beet Bunch
- ★ Big Green Wonder Lettuce Mix **with Edible Flowers**
- ★ Broccoli
- ★ Carrot Bunch
- ★ Cauliflower
- ★ Napa Cabbage
- ★ New Zealand Spinach
- ★ Parsley Bunch
- ★ Prize Choy
- ★ Steaming Greens **a mix of chard, kale & collards**
- ★ Summer Squash

Add-on Shares

- ★ Breakfast Patties
- ★ Farm Fresh Eggs
- ★ Flower Bouquets
- ★ Honey

Organic BC Fruit Available this week

- ★ Apples : Sunrise & Zestar – **Cawston (BC)**
- ★ Garlic – **Cawston (BC)**
- ★ Onions Walla Walla & Red – **Cawston (BC)**
- ★ Peaches – **Cawston (BC)**
- ★ Plums : Early Italian, Red ♥ & Black Amber - **Cawston (BC)**
- ★ Tomatoes Heirloom - **Sunshine Earth Works (AB)**



Our Flower artists this week Jessica & Patch (aka Patrick)



A 5.5 lb Choy!



Our Garden Manager Jessica and the most beautiful head of broccoli

