



CSA Newsletter | Week # 13

Notes from the Field

A wintery scene of snow-covered ground and flying flurries greeted us this morning. I guess you have to be careful when wishing for cooler temperatures and precipitation! It is hard to believe that two weeks ago today it was 31 degrees, sunny and so very dry. Although the current weather conditions present serious challenges for harvesting produce, we are truly thankful for the precipitation, which will go some ways to replacing the soil moisture which was lost over the course of two months of hot, dry weather and hopefully put us into a position where soil moisture conditions are conducive to next year's success.

As we look forward to the last 4 weeks of our CSA, we are hopefully optimistic that this precipitation and the nicer weather in the forecast for the following two weeks will allow us to continue to harvest great produce from the gardens. Our final seeding of the season took place this past Sunday and we expect to be harvesting spinach, lettuce, Asian Greens, arugula and rapini right up until November. The kale, chard and collards are already showing signs of renewed growth following the rain and cooler temperatures of the past days.

We wish to shine our spotlight on our team member Duncan MacLean this week. Duncan is in his first year with us and will be going into his second year of Horticulture at Olds College this coming November. He is a hard-working guy with a great sense of humour and a real commitment and passion for growing things. Duncan takes seriously the intellectual underpinnings of what we do here and always has great questions for us in his quest to gain knowledge, skills and experience. We are grateful to have him as a member of this great team that grows food for all of you.

We hope you enjoy the contents of this week's share and look forward to seeing all of you soon. Today, we'll be bundled up in our winter gear with hot drinks to keep us warm!

What's in Your Box?

- ★ Carrot Bag
- ★ Choy
- ★ Garlic
- ★ Green Cabbage
- ★ Green Onions
- ★ Little Green Wonder – lettuce/spinach mix topped with edible flowers/basil
- ★ Potatoes
- ★ Sorrel
- ★ Steaming Greens Mix
- ★ Winter Squash

Add-on Shares

- ★ Chorizo Sausage & Italian Sausage
- ★ Farm Fresh Eggs
- ★ Flower Bouquets
- ★ Chickens – for the few remaining shareholders

Organic BC Fruit Available this week

- ★ Apples : gala, honey crisp, gravenstien & September fuji – **Cawston (BC)**
- ★ Garlic – **Cawston (BC)**
- ★ Onions Walla Walla, Yellow – **Cawston (BC)**
- ★ Nectarines – **Cawston (BC)**
- ★ Plums : Late Italian, Satsuma, Yakima, Duarte and French Kiss♥ - **Cawston (BC)**
- ★ Shallots – **Cawston (BC)**
- ★ Asian Pears – **Cawston (BC)**
- ★ Bartlett Pears – **Cawston (BC)**



Time for seed collecting



Duncan MacLean



Seed Collecting

