



## CSA Newsletter | Week # 14

### Notes from the Field

A blessing that these final days of September have brought warmth and sunshine after last weeks's rain, snow and cold. This has given our plants a nice little boost in growth and allowed us to get most of the grain into bins and some straw up off the fields of stubble. It has also been a pleasure to work in such conditions for all of us, not too hot and not too cold. The forecast for next week is rather cooler and wetter, but we'll leave that for next week!

Today's staff spotlight falls on Ebony Campbell, who is the newest and youngest member of our team. Ebony is a hard-working and reliable member of our fantastic team and is currently training as a competitive trampolinist as well as doing courses through Athabasca University. She also happens to be the daughter of one of my (Kris) best friends, whom I have known since Grade 1! She has been a great addition to our team and we are very grateful for her presence.

In these final weeks of our CSA and in the run up to Thanksgiving, we will be trying hard to put together great shares and hope to provide you with some modest bounty for your Thanksgiving feasting. Although it has been a rather challenging year, we are truly thankful for the food that we did manage to produce and so thankful to all of you and all of our other customers who have been so supportive and understanding of the difficulties we sometimes face in producing food in our rather dramatic climate. We look forward to seeing you all soon!

#### What's in Your Box?

- ★ Beet Bunch
- ★ Cabbage
- ★ Carrot Bag
- ★ Celery
- ★ Chard
- ★ Fingerling Potatoes
- ★ Kale
- ★ Little Green Wonder – lettuce/spinach mix topped with edible flowers

#### For our Half Shareholders:

- ★ Sorrel
- ★ Winter Squash

#### Add-on Shares

- ★ Smoked Bacon
- ★ Farm Fresh Eggs
- ★ Flower Bouquets – **the last week!**

#### Organic BC Fruit Available this week

- ★ **Apples** : gala, honey crisp, macintosh & September fuji
- ★ **Asian Pears**
- ★ **Garlic**
- ★ **Onions** : Sweet, Yellow & Red Cipollini
- ★ **Pears** : Bosc & Anjou
- ★ **Plums** : Late Italian & French Kiss♥
- ★ **Shallots**
- ★ **Tomatoes** : Heirloom Alberta Grown
- ★ **Tomatoes** : Roma & Field – (a few cases available)
- ★ **Winter Squash** – assorted (sugar pie pumpkins too!)



New Jams this week



Snowy Sunflower



Putting grain in the bins

