



## CSA Newsletter | Week # 17

### Notes from the Field

Hello shareholders!

While the unseasonably cold fall weather continues to challenge our attempts at finishing up our field and garden work, we remain hopeful that we will in fact get all of our grain crops harvested and our gardens cleaned up before the arrival of winter. Unfortunately, the frigid temperatures of the past week have been too much for some of our produce and the season has come to an end for many vegetables. Nonetheless, we still have a good variety of produce going into the shares this week and we hope you will find it pleasing.

For some of you who have half shares in our CSA program, this will be the last week you will be receiving a share. We have added some things especially for you this week and will be doing the same for all the rest of our shareholders next week in order to finish the season off with a bang. Thank you all for supporting our farm.

Special thanks must be given this week to our team members who have worked in mud, cold, snow and ice-fog to get the harvest in! None of this would be possible without their fortitude and commitment.

Happy eating!

#### What's in Your Box?

- ★ Beets
- ★ Carrots
- ★ Green Cabbage (lg.)
- ★ Kale
- ★ Leeks
- ★ Parsley
- ★ Potatoes
- ★ Rutabaga

Half-Shareholders get (in addition to list above) :

- ★ Arugula
- ★ Green onions
- ★ Lettuce
- ★ Onions
- ★ Sunchoke

#### Add-on Shares

- ★ Beef Stew Meat
- ★ Farm Fresh Eggs
- ★ Fresh Chickens

#### BC Produce Available this week

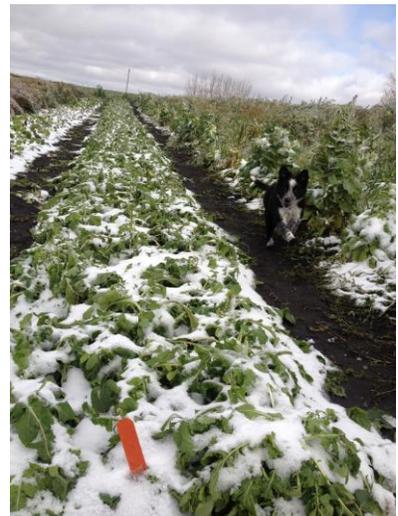
- ★ LOCAL ALBERTA HONEY FROM ABC : 250mL \$6, 500mL \$12, 10lb \$75
- ★ Organic Apples:, Fuji, Gala, Jonagold, Spartan \$2.25/lb.
- ★ Organic Garlic \$12.00/lb.
- ★ Organic Onions \$3.00/lb.
- ★ Organic Pears Anjou \$2.25/lb.
- ★ Organic Pears Asian \$3.00/lb.
- ★ Organic Sugar Pie Pumpkin \$2.00/lb
- ★ Organic Winter Squash \$2.00/lb



Beautiful Cabbages, time to make sauerkraut!



Prepping your veggies



Snow on the bed of arugula and our dear Ruby enjoying the snow. (Puppies make everything better)

