



CSA Newsletter Week #2:

Notes from the farmers' fields: This week has been full of a tremendous amount of weeding, weeding and more weeding! The week started off with scorching heat and the plants were looking even more stressed. Then we got the rain we were hoping for, starting yesterday and continuing on throughout the evening and this morning. The plants are ever so grateful and we can already see a difference in their size and overall well-being.

For those of you who added a chicken share this season, the birds went in early yesterday morning for processing and you will see them included in your bins next week, and every 3 weeks thereafter.

This week's Features:

- Asian greens mix
- Chard
- Dandelion greens
- Kale
- Lettuce mix
- Nasturtium flowers (edible)
- Nettles
- Oregano
- Rhubarb
- Sage
- Spinach

Add on shares:

- Beef Stir Fry (1.lb)
- Banana Jam (250mL)
- Rye Flour (3 lb. bag)
- Farm Fresh Free Range Eggs

Photo Gallery:



This is a photo of some peas after this morning's rain, you can see on the left that there is already some small peas forming.