



## My basket this week may include

- ❖ **Kale** – I love kale. I have talked to many of you about your equal love for this great green. I know college students who love it in smoothies, moms who put it in tacos and salads and doctors who love kale chips. Not only is this delicious it is so versatile and very healthy for you! There may be some mixed dinosaur kale or red kale this week too. The dinosaur kale is a flatter oblong leaf. The red kale looks like the green bore and red bore kale but it has purple stems and lighter purple leaves. All are very good. Let me know if you have a favorite.
- ❖ **Tomatoes, Cucumbers, Zucchini** – As we have more of these ready everyone will get one of each, each week. At this point we will rotate who gets what each week. Sometimes we divide it up by full shares and half shares each week. Other times we divide it up by drop site. Don't worry. Everyone will get some and we will keep it as even as possible.
- ❖ **Kohlrabi** – This kohlrabi is smaller than the ones in the first couple weeks. It really likes the cooler weather, which we don't have right now. The leaves are browning a bit on the tips. If you use the leaves you can take the brown spots off. Sorry, I think they couldn't get enough nutrients up to their leaves with the wet roots they are dealing with. I could have cut the leaves off but didn't want to if you wanted to use them.
- ❖ **Cilantro**– This may be the last week for cilantro for a while. Cilantro is a sensitive crop that tends to bolt in the heat. We will get out what we can this week but it may be the fall before we have many ready. It is sad that this great herb doesn't have a longer non bolting life. It would be nice to have fresh cilantro during the whole tomato season. If this is a favorite herb in your salsa put it in the freezer so you can use it later. I love cilantro.
- ❖ **Spring Onions** – Onions are planted in our greenhouse in February. This is because they are typically a very long crop to grow. They are just starting to put on some size. They onions will start smaller and put on size as the season goes on. Freshly dug onions are so juicy and delicious. Try frying some up and putting them in dishes or just eating them as a side dish. My two year old even loves sautéed onions.
- ❖ **Red Romaine** – (Full Shares) This is still one of my favorite lettuces. It is not quite as crisp as the green romaine but every bit as tasty! Plus the dark red/purple color is a great addition.
- ❖ **Green Romaine Lettuce** – The field lettuce is dirty because of the rain water splashing the dirt into the leaves. We have had so much water but we are really thankful. There are so many homes and roads around us that will take months to repair. We can handle a little slower growth in our crops and working in the mud. Our tunnels, home and lives are just fine. It pays to look at the positive!

- ❖ **Green Star Lettuce** – (Full Shares) We didn't have enough for everyone but can fit a two star into the full share boxes. This is that great curly lettuce. Light in color and texture.
- ❖ **Winter Density** – This is that great dense head again. We have some of this variety left but then you probably won't see it again until fall.
- ❖ **Swiss Chard** – (Full Shares) This fragile chard is looking better. We are only getting them to full shares this week so they can grow so you get more. I know the portions have been smaller recently.

## Let the Variety Begin!

I have been thinking about how the boxes have been heavy on greens lately. We are almost dry enough to change that. With the increasing heat and drier weather our crops are finally starting to fruit. Here is a preview of coming attractions that will be ready in the next couple weeks... Green Beans, Cucumbers, Tomatoes, Red Potatoes, Garlic, Zucchini, Summer Squash, Tomatillos, Eggplant, Cabbage, Beets and peppers too. Soon after there will be Watermelons, Cantaloupe, Peas, Broccoli, Sweet Corn, Apples and much more. Just thought I would let you know that you should enjoy your lettuce now because the boxes will be changing soon!

## Next Week's Box

Lots of produce is just beginning to ripen. Here is our best guess for next week:  
 Green Star Lettuce  
 Beginning of the Cucumbers  
 Summer Squash and Zucchini  
 Blue Curled and/or Dinosaur Kale  
 Some Tomatoes  
 Green Onions  
 Lemon Basil  
 Beets  
 Beginning of Green beans in the next two weeks  
 Peppers won't be too far away either. 😊  
 Garlic in the next two weeks probably

## Blessing Others with Your Share?

I know several of you have held your box or are having someone else pick it up for you. We just want to remind you that if someone else is picking up your share please inform them exactly what to do. Are they supposed to get a chicken? Do they take eggs? Tell them also if they are supposed to only get a share and not take eggs. We love to share with others just please confirm with them the color of your box so that they know what to do. Thank you and enjoy time away!

## Moo! (Not Yet)

Our mama cows are getting so big! We thought with the full moon that some would be calving soon. Crazy enough they all are still keeping their babies inside for now. We thought that with the full moon we might see some cute wobbly legs in the pastures but we haven't seen them yet. We will keep you updated and I'll get pictures to you as soon as I can after they arrive.

P.S. Strange fact... Did you know that it is very typical for calves to be born when there is a full moon? I have no idea if this is because of the pull of the moon on the earth's gravity or if full moons cause contractions or some other odd reason. I also know people who work in the medical field that say full moon evenings are busier than other evenings. Personally my thought is that God made cows and other animals to calve during the full moon so that they can see to protect their babies from predators. Any researchers out there who know the answer? Curious minds want to know.

## Prayers for Chickens

The saddest thing has been happening with chickens this week. We have had talked with four farmers who have lost their chickens. Many of them have lost up to half their flock. After a bit of research we have found that it is due to the gnats. Many of you have probably noticed that the gnats have recently hatched and are everywhere. They get into the chickens respiratory systems and the chickens suffocate. We have been researching what we can do and sprinkling the chickens with vanilla, keeping them indoors and putting fans on them to blow the gnats away are all good ways to ward off the gnats. Until this year we have never heard of this. Luckily we have only lost two broilers and our children's three laying hens which were in a more protected area from the wind. We are continuing to watch and make any necessary precautions to save our chickens. This kind of thing is pretty scary to farmers unless you have lots of trust.