

WEEK 2 - Full Share members only pick up

Dear CSA friends,

Well we made it through Week 1 of the CSA, so we are officially on our way with the season! The first week is always the most stressful for us because we are in that in between stage of "almost enough for a box" and "just enough for a box" so we have to make the call of holding off for a week to let a few more things grow up or jumping in with what we have. This year, since we were starting the season later than we normally do, we decided to just go for it. But we are happy with the harvest last week provided and we hope you all enjoyed your produce.

My yearly salad spinner speech

Something that I forgot to mention in last week's newsletter (and I can't believe I did since I'm kind of a freak about it): A Salad Spinner is your greens' best friend! If you don't own one, you should invest in one - I recommend the pump style vs. the turning handle. When you get greens from us, whether it be leaf lettuce, head lettuce, or salad greens, when you get your veggies home you should wash them in cold water, tear them up into salad size pieces and put them in your salad spinner. Spin them until you get all the water possible out of them then store them in gallon sized Ziploc bags. This way your greens will stay fresh and crisp for a couple of weeks, and they are ready to be taken out of the bag and used when needed. I would also do this with beet greens. Cut them from the beets about an inch from the top of the beet (otherwise the beet will bleed all over). You can also do this with your kale and Swiss chard. It really makes a difference!

What do we wash or not wash?

As a rule, we do not wash the produce before putting it in your box/bag. To build a washing station would be costly and to set aside enough time to wash all the vegetables and let them dry before packing would mean we'd have to harvest the day before. We are proud of the fact that the produce you receive from us has been picked the morning of the day you receive it. You won't get that at the farmer's market or a co-op, and of course certainly not at the grocery store. But that being said, if we pull something out of the ground after it has rained, like carrots, beets, radishes - any of the hard root veggies, then we will wash them because we don't want to put muddy food in your bag. Green onions we will never wash even if they are a little muddy because it will compromise their quality. So it's really a call we make as we are harvesting. We want everything to look beautiful, but we also want it to be of the highest quality when you get it home. And of course that being said, there will never be anything to wash off your produce except good organic dirt. So if you were eating the sugar snap peas in the car on the way home, good for you!

How we donate our produce

I mentioned in previous emails that we donate produce to the New Horizon's veteran's transitional housing in Hebron. I want to explain how the process works so you will know what it means when it comes to your own box of produce. When people ask us to donate their box in a particular week, we don't donate that exact box of produce. We just keep record of who is not picking up a box that week then at the end of the week we pick fresh produce for that number of boxes and put it all together with any extra abundance we have. Because there are about 20 men at New Horizons, taking one box over at a time wouldn't really do them much good. But adding up the number of boxes people tell us in advance that they can't pick up, **a)** keeps us from picking produce that may go to waste and **b)** allows us to put together a nice fresh large box to take over and feed the whole group. So please mark your pick up day on your calendars so you won't forget to come and get your produce, and please let us know a day in advance when you know you won't be able to come pick up.

If you want to upgrade to a full share

For our half share members, if at any time during the season you decide you want to move to a weekly full share, just let us know and we will prorate the cost based on where in the season we are.

As always...thank you for your support, and we hope you enjoy your veggies! Have a great week. See pictures below for what is growing in the garden!

Yours in health,

Farmer Scott & Kathy