

CSA
WEEKLY
WEEK 3
2016

In The Box:

-Gourmet Lettuce Mix

-Spinach

-Kale

-Sweet Potatoes

-Butternut Squash

-Spring Garlic

-Green Onions

-Rhubarb

-Strawberries

Weekly Juice Flavor:

Strawberry Banana!



From the Farm: It has been a busy week on the farm with the weather being so dry. We received 18,000 sweet potato slips from North Carolina on Friday and had them all planted within a week! We ended up planting 34 rows that are each 100 yards long! Needless to say we should have plenty of sweet potatoes this year. The potatoes are also doing very well. They are in full bloom and are almost ready to be cultivated for the second time. Soon we will be putting new potatoes in the csa boxes. The first succession of melon and pumpkin transplants are in the ground. We planted a few thousand sugar baby and crimson sweet watermelons as well as ambrosia cantaloupe. The pumpkins are the famous big max variety that we had a couple of years ago. They can get over 100 lbs! The strawberries have been loving this weather and are producing well. We have to pick them every other day. The fruit trees next to them are loaded and looking to have some excellent crops as well. Tomatoes are setting on in the high tunnel which means we are only a few weeks away from having those. We just recently seeded our first planting of sweet corn, over an acre. We planned to plant an earlier succession but have been very busy and the conditions haven't always been favorable. Enjoy the greens while we can because the spring crops don't like the heat and it is on the way! Soon we will start the transition from the spring crops to the summer ones!



-Recipe(s) of the Week-

Baked Sweet Potatoes and Squash

- Sweet potatoes
- Squash
- Diced garlic
- Diced Green Onions
- Coconut Oil
- Salt + pepper to taste

1. Preheat oven to 400

Clean and cut off bad parts of veggies. Dice onions and garlic.

2. If sweet potatoes are finger size, leave them, if bigger cut into fry shape. Cut squash into fry shape.

3. Slather ingredients in oil, on the baking sheet. Season according to taste.

Bake for 10 min, flip/ stir. Bake for 10 more minutes. Check crispness to preference.

4. Enjoy!

-Food Storage Tips-

Be sure to keep the lettuce mix, kale and spinach in the crisper in your fridge. Don't wash the sweet potatoes and squash until you are ready to use them. Until then, keep them in a cool, dark cupboard. The spring garlic, green onions, and rhubarb should be stored in plastic bags in your fridge to maintain moisture. Berries also in the fridge.

-Food Facts-

Coconut oil is one of the most healthy oils and should be used regularly in place of your other favorites. Coconut oil consumption has shown to reduce rates of strokes, heart disease and brain diseases in cultures who consume regularly! It also destroys fungi, bacteria and viruses making it a great toothpaste and lotion!

-Dr. Mercola Minute-

It is summertime and the weather is finally nice again. Are you still using those winter habits of exercising? It is important to get active. Exercise can lower your risk of cancer by 20-55%! Create good habits this summer and get active a few times a week!