

Community Supported Garden at La Vista

NEWSLETTER

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THE WONDERFUL WORLD OF WEATHER

You learn pretty quick in farming that you can't control the weather though the weather affects every single thing you do. You can't avoid the fact that your work absolutely depends on it. What you must do is be thankful for every bit of weather you get and to make the most of it. You put the plants in the ground so that the ground, rain, sun, and air can feed us. You just hope the weather cooperates.

Many of you have asked how we're dealing with all this rain. Is all this rain good? Or bad? The answer is that it's both.

Plants generally need a solid inch of precipitation per week in order to live and grow. This spring so far we're averaging well over 2 inches of rain per week. This is clearly more than our crops need. So it's good, if not wonderful, that our crops are at least getting plenty of water, after years of struggling just to meet their basic water needs.

On the other hand, at some point too much moisture can keep a plant from growing because the soil becomes saturated, heavy and compacted. Roots need equal amounts of air and water in the soil in order to grow, and stay healthy. The abundance of cloudy days hasn't helped, either. We've probably seen only half the sunlight of previous years. All of this means that our crops are growing slower and may be vulnerable to more disease than in previous years.

So it's both good and bad. Most crops are doing great, though. They're definitely growing much slower according to the calendar and all my best laid plans and wishes, but I can't complain. Tomatoes are knee-high. Cabbage is heading up. Carrots are thick and reaching for the sky. Onions are standing tall.

The biggest effect of all the rain has been on our work schedule. The rain has made for some exceptionally busy and cramped workdays. It's been a wild ride this spring, fitting in a months worth of planting, sowing, hoeing and weeding into very narrow windows of opportunity between rains. We've had days when we've hoed an entire field, or planted out two weeks worth of plantings in half-a-day. The good news is that we're way ahead on hand weeding because most days that's all we can do with our sopping wet soil. We've stayed remarkably on schedule with most field work.

Will it stop raining? I can't imagine the rain will keep up like it has. You just never know. What I do know is that we'll put the seeds in the ground and grow these crops and make the best of whatever weather comes our way. We'll enjoy meals straight from the season, with the flavor of rain, clouds, and the summer ahead.



KIDS ON DISTRIBUTION DAY



WHAT'S IN YOUR SHARE?

- Cilantro
- Spinach
- Radishes
- Kale and Collards
- Lettuce
- Bok Choy
- Pick your own Strawberries

LOOKING AHEAD

Scallions and Swiss Chard are coming along soon. Basil will be ready in a couple of weeks. Turnips and beets should be ready soon, too.

COMPANION PLANTING

(clover, beets and scallions)



WASHING RADISHES



WHAT'S FOR DINNER?

Teriyaki Soba Noodles with Tofu and Bok Choy (Wholefoods, by Nicola Graimes)

- 12 oz. soba noodles (or other Asian noodles)
- 2 Tbsp. toasted sesame oil
- 1 head bok choy, cut into large chunks
- 2 Tbsp vegetable oil
- 8 oz. tofu, cut into large chunks
- 2 scallions, cut into thin strips
- 1 carrot, cut into matchsticks
- 1/2 tsp chili flakes
- 1 Tbsp sesame seeds
- salt and freshly ground pepper
- 3/4 cup teriyaki sauce



Cook noodles, drain, and set aside. Heat sesame oil in skillet and sauté bok choy for 4-6 minutes. Heat vegetable oil in a skillet until very hot and fry tofu on all sides until golden. Drain on paper towel, and cut into 1/2 inch chunks. Toss the noodles with teriyaki sauce, and heat for 1-2 minutes. Serve noodles in bowl and top with bok choy, tofu, and all the other ingredients.

UPCOMING EVENTS

- ♥ Volunteer Work Day Saturday, June 7 at 8 AM
- ♥ Shareholder Gathering, Sunday, June 8, 5-7 PM
- ♥ Summer Solstice Celebration, Saturday, June 21 at 7 PM

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