

Field Walk...

Hello and Welcome!

I'm excited to see all of you again! It's a new season, a new year, and the harvests are here. The fifth season of CSG at La Vista is upon us and the fields are filling up and growing strong.

This past winter and spring have been busy as usual... and chaotic... and sublime... and very busy. Remember the summer heat of March? And then the hard freeze of April? Springtime is a dance like no other, with a little bit of everything in every kind of way. We've made it through so far in good shape.

This year, I hope to make several improvements based on the experience of the hard heat and drought of last year. You'll see a lot more drip tape and mulch in the fields for one thing. You'll also find shade, water, and seating in the pick-your-own field by the time the heat is upon us. On top of that, we've made lots of new field signs and numerous improvements to the share room. We hope to continue making this farm a wonderful place for you, your friends, and family. We hope it's a place you want to come back to, to relax with, and share.

The weather has been very generous with rain so far. Every month of 2007 has experienced "above normal" precipitation. The soils are recharged, moist, and ready, I hope, for the summer ahead. We should count our blessings.

Farming is amazing. You put seed in the ground and let the show begin. You till the earth, and watch the green reach for heaven. You let the seasons work their magic, and you feel gratitude in their midst. That and a whole lot more. So come on down, and let's get started! See you at the farm!

Volunteer Opportunities:

Saturday, May 19, 9 a.m.: Farm Work Day

Come out and enjoy a great start to your Saturday! We'll likely plant sweet potatoes or sweet peppers... or both! This is great work for a good group of folks... so come on out!

What's in Your Share

Spring Greens Salad Mix

A gourmet blend of baby greens, including arugula, mustard, beet, and several Asian greens

Spinach

Fresh and ready for salads, sandwiches, omelets, or stir-fries

Radishes

Bok Choy

Kale, Collards, and Chard Mix

What's For Dinner: Bok Choy, Kale, Collards, Chard

These greens are some of the most nutritious foods, and make an excellent addition to any meal.

A common method of preparation is the stir-fry. Cut the greens into thin (or thick) strips. Heat a teaspoon of oil (peanut oil is excellent) in a skillet over medium-high heat. Add chopped garlic, greens, and soy sauce (or tamari). Stir-fry until desired texture.

This is an excellent side dish to any meal. You'll get so many vitamins and minerals that you'll feel amazing the next day!

Looking Ahead:

Scallions and Chinese Cabbage, with broccoli, beets, turnips and squash following close behind...