

Lone Willow Ranch

May 10, 2007

Hello,

Welcome to our new members!!! We are excited to see our CSA grow. We added 5 new members this week! Thank you to those that shared information to the new members. I have to say a special “thanks” to Cyndi & Jim for being just the greatest host. After a bit of confusion last week at the Los Banos drop, we decided that we need a cut off time for the pick up. If the produce is left for 24 hours, then Cyndi will give it away to someone with a need. If you are going to be out of town just let me know and we will hold your delivery until the next week. We just don't want to see this nice produce go to waste.....

#### This Weeks Box

In your box we have; Swiss Chard, Green Leaf Lettuce, Fava Beans, Collard Greens, Butter Lettuce, Yellow Squash, Arugula, Leeks and Beets. Our special gourmet beets are ready. The varieties are: Cylindra, Chioggia, Golden Detroit, & Red Ace. They are just beautiful. Let me know which one you like the best. For some I'm repeating myself but I feel it is worth it. The best way to prepare beets is to wash well and boil until you can pierce with a fork, cool them in cold water and peel. After you peel them you can prepare them any way. My favorite is to slice and put in my salad. Roasting them is also very simple. After preparing them, toss in olive oil and seasoning (your choice) and bake on a cookie sheet for about 15 minutes and done. I also like to roast squash and onion with them. It makes a very healthy and colorful side dish. I add beets to soups, salads, and sandwiches.

#### Farm Report:

The melons are really kicking in. We had 1 goat kid last Thursday. She had 2 very sweet little ones. Some day we plan on putting raw organic goat cheese in your box! The lavender is just starting to head. And the tomatoes! They are just growing crazy! I can't wait. All the tree fruit is doing great. The birds are a big pest with the cherries. Nothing will keep them away.

#### Coming Events;

Mothers Day, Sunday May 13, Make this day special for the one that gave you life.

The 8<sup>th</sup> annual Heartland Festival & River Fair Saturday, June 2, 2007 go to [www.eco-farm.org/heartland](http://www.eco-farm.org/heartland) for more information.

Check out [www.maderaslowfood.com](http://www.maderaslowfood.com) for upcoming events. There are quite a few really good activities all about local Food & Wine. Farmers Markets.....they need our support.

Please keep in touch we love hearing from you. [www.organicheirlooms.com](http://www.organicheirlooms.com)

Bon Appe'tit ( did I get that right Fredo'?)

Farmer John & Shelby

