

Oct 11, 2007

Lone Willow Ranch [www.organicheirlooms.com](http://www.organicheirlooms.com)

Farmer John 559-694-0017

Shelby 559-352-1486

Hello everyone,

Well, I'm not sure if we can ever figure out Mother Nature. She is playing with us now. Our crops are not to sure on what to do either, so John and I decide that we are going to give everyone a break and take off next week. We are sorry if this causes any problems but we just thought we should take advantage of what we are dealing with. We will pick up the week of Oct 25th and extend our Oct. CSA until Nov. 1<sup>st</sup>, by then we will have more fall/winter veggies ready.

#### This week's box

We have sweet peppers, jalapenos, tomatoes, lettuce, pomegranates, arugula, turnips, carrots, Yukon gold potatoes, mixed herbs and goat cheese for some. We love this time of the year with the beautifully colored fruits and vegetables. We especially love pomegranates. They are so good for you and are so pretty in fall and holiday decorations. We love them sprinkled on our salads and side dishes; we make jelly, and use juice for breakfast and in our Margaritas. So good.....

Three easy step in preparing pomegranates, cut off the crown, and then cut the pomegranates into sections. Place the sections in a bowl of water. Then roll out the arils (juice sacs) with your fingers, discard everything else. Strain out the water, then eat the little succulent arils whole. Seed and all

#### **Storage**

Whole pomegranates keep well at room temperature for several days, away from sunlight; up to 3 months refrigerated in plastic bags. Arils can be refrigerated for up to 3 days. Freeze in single layers on trays; then up to 6 months in airtight containers. Remove only the seeds you plan to use. Juice can be refrigerated for up to 3 days. Freeze up to 6 months.

#### Farm Report

We have been drying up the milking goats. They have done a good job. They will get nice and fat for the winter and to see their boy friend Sentinel for next spring's kids. The other crops are looking good. We will have plenty soon. We have had a lot of computer trouble. We think it is fixed now (thanks to a very good friend)... What did we do before computers???

Until Oct 25<sup>th</sup>, have a good one!

Farmer John & Shelby