

Lone Willow Ranch  
[www.organicheirlooms.com](http://www.organicheirlooms.com)  
559-694-0017 Farmer John  
559-352-1486 Shelby

Dec. 13, 2007

Hello,

My goodness hasn't it been cold. We are feeling the effects of the freezing cold conditions. We are very fortunate to have fresh produce. The heavy frost is very damaging to our veggies, but what can you do? "Mother Nature at Work". We love this time of year; cutting the Christmas tree, decorating and cooking special meals for the family to enjoy. Life is good. We have to count our blessing and pray for those that are not as fortunate as us.

#### This week's box

We have broccoli, cabbage, kale, beets, carrots, lettuce, fennel, lavender, cauliflower, sweet peppers, jumbo sweet potatoes from Q.H. Farms in Livingston, and local grown organic brown rice from Koda Farms. Koda Farms is famous in So. Dos Palos for their rice. Koda Farms brand of conventional rice is called Kokuho Rose, we have been fortunate enough to have some of their highly acclaimed Japanese rice and it is awesome! Koda Farms has just entered the organic market with sushi rice and a brown rice. They sell it at Whole Foods. They have been growing rice since 1920. It is a third generation farm. We wish them the best of luck and success. Check out their web page at [www.kodafarms.com](http://www.kodafarms.com) for cooking directions and recipes. Laura made lettuce wraps for lunch last Sunday with chicken, the sushi rice with stir fried vegetables and sesame dipping sauce. It was soooo good and easy to do. Give it a try.

#### Farm Report:

We think that we will need to take off the month of January. The produce will hold up for a while but after December it will be hard to keep up the quality we are used to. So rather than have so-so produce we have decided that we will start back in February when the deep cold will subside and spring will be on its way. We will be busy preparing the farm for a bountiful spring. We have planted garlic, fava beans, peas and cover crop this week plus seventy five blue berry bushes. The blueberries will be a challenge for us because of the birds. They seem to know when something good is growing and have large appetites.

Please remember the next delivery day will be Dec. 20<sup>th</sup>. We are sourcing organic oranges. We will send out the February billing late January 2008.

Happy Holidays and Be Safe!!!!

Farmer John & Shelby