

Lone Willow Ranch, www.organicheirlooms.com

May 15, 2008

Hello,

We hope everyone enjoyed their Mothers day celebration. Things are happening fast. We have started harvesting the cherries; it is hard to believe summer is almost on us. We want to thank everyone for their prompt payment. I don't want to sound like a broken record but, it is very important that our members pay on time so that we may pay our suppliers and labors that help us get your produce to you. As, you may of heard on the news that they expect the cost of food to go up 30% this year. It will not only affect dry good but will include fresh produce and dairy products as well. We plan to stay with our current prices, because we really appreciate our member's commitment to us. We are not doing this to become wealthy; we are doing this because we care about you, our members. Our goal has been to always provide our CSA members good, local healthy produce and to be friendly to our earth. Thank you all.

This Week's Box

We have lettuces, fava beans, cabbage, sugar snap beans, carrots, white turnips, green onions, strawberries, fennel, the first of the cherries and artichokes. This is the first year growing the artichokes. We got a late start with them so we don't expect a huge harvest. The variety is called Imperial Star. With the hot weather we do not expect the lettuces to hold up for long so enjoy while you can.

Farm Report

On the up side of the weather all of the summer produce is kicking in. We will have plenty of squash, cucumbers very soon. We are looking forward to the apricots, they should be ripe soon.

Until next week,

Farmer John & Shelby

Fennel Cornbread

Ingredients

1 egg, beaten
1 Fennel bulb, grated
1 3/4 cups buttermilk
1/4 cup oil
1/2 cup sugar
1/2 cup cooked crumbled bacon
2 cups plain cornmeal
1 tablespoon baking powder
1 teaspoon salt

Directions

Preheat oven to 450 degrees. Spray 9 inch cast iron skillet with cooking spray and place skillet in hot oven to heat up.

In large bowl, combine all ingredients, mixing until well combined. Spoon batter into greased hot skillet and bake at 450 degrees for 20 to 25 minutes or until corn bread is golden brown.