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Hello members,

We are very excited to start the winter CSA. We had a little time off from the CSA and were able to catch up on placing seed orders and storing seed for next year.

This weeks box

We have torpedo cabbage, broccoli, kale, Detroit red beets, russet potatoes, arugula, radishes, turnips, lettuces, perfection fennel, sweet peppers, and herbs. It is soup time. We love kale soup. Some information about kale;

**Benefits of Kale**

Nutritionally, kale is near the top amongst vegetables. It's a real nutrition booster, with its high level of beta carotene and plentiful amounts of vitamins C and E. These antioxidants make it a good food to lower the risk of heart disease, stroke and cataracts. Kale is also loaded with such minerals as calcium, potassium, manganese and iron.

Additionally, kale is high in sulforaphane, which stimulates the body to produce cancer-fighting enzymes. Sulfur compounds called glucosinolates, which are found in generous amounts in cruciferous vegetables like kale, are broken down into compounds called isothiocyanates and indoles when the vegetable is chewed or cut. The presence of vitamin C makes this process even more effective, as the compounds are more readily available for the body's use.

Researchers believe kale's cancer-lessening ability stems from these and many population compounds found in kale. Some surveys, experimental testing, and several animal trials studies have found that eating kale on a regular basis lowers the risk of different cancers.

Kale is also among the highest vegetable sources of chlorophyll, an immune system stimulant.

In the "Medical Value of Natural Foods," published in 1936, Dr W.H. Graves wrote that kale is also effective in treating constipation, obesity, acidosis, emaciation, poor teeth, pyorrhea, arthritis, gout, rheumatism, skin diseases and bladder disorders.

Farm Report

We have planted in the green house artichokes, leeks, lettuces, cauliflower. The different varieties of Broccoli and cauliflower are coming along nice. The shallots and leeks are doing well they take a long time to mature. We should have green beans and carrots soon.

We put the goats out to pasture. No more milking for a while. We made some nice hard cheeses that are still ripening. We are looking forward to tasting it.

We are getting ready to plant citrus trees. All types of citrus and varieties.