

Lone Willow Ranch

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Hello,

We have had a busy week, with the weather turning hot so quickly all the produce really took off. We finally located some organic pigs to raise for prosciutto. Laura and I took off to Petaluma to pick up a few. We had a great adventure. We got 4 very nice pigs from Clark Summit Farms; go to their web page at www.clarksummitfarm.com. The pigs have been raised with only organic feed and have been pasture raised. They were a little wild to say the least. Three of them are a Heritage breed called, Gloucester Old Spots, and one is a cross breed of Durock. They are settling in nice.

Please remember to break down your boxes for an exchange. We are delivering every Thursday.

This week's box

We have white turnips with greens, arugula, romaine lettuce, red leaf lettuce, fava beans, radishes, fennel, carrots, 3 varieties of kale, green onions, broccoli, herbs and strawberries. All of the greens in the box are eatable. Email us if you are unsure of a vegetable or don't know how to prepare them, we grow many varieties of the same vegetable but they look different than what you are used to seeing at the grocery store. We have included a nice stir fry recipe with an oriental flair for you to try. For more recipes go to our web page and under the heading of news, there will be past newsletter and recipes. Your box may be slightly different depending on the day to day availability of the produce.

We have included a recipe for flat bread. This one is a winner. We like to make the flat breads and put the vegetables on it like a pizza. We like to change sauces and seasonings as well. We use red sauce, basil, cilantro, parsley, mint, sage pesto and plain with olive oil. Also try mixing up the cheeses. Email us with your favorite combination so we can put it in next week's newsletter.

Farm Report

We had 6 more kids! All is good. That makes 22 total kids to date. We are going to start milking and making cheese next week. The chickens are doing great. They are ready to get out of the nursery. John moved then to the out door shed tonight. We'll see how that goes. I spoke of the pigs already. I will get a picture over to Fredo to put on the web to check out. We planted Yukon gold, Austrian crescent potatoes, green beans, and it's almost time for sweet corn. The heat burned a lot of the strawberries, but the good news is the birds have not found them yet.

Dates to remember

Earth Day Celebration April 19th, Henry Miller Plaza 8:00 to 12:00

Lone Willow Farm Day Sunday June 29th at the ranch in Firebaugh. 10:00 to 4:00.

Until next week, take care, eat healthy,

Farmer John & Shelby