

July 26, 2007

Lone Willow Ranch www.organicheirlooms.com

Hello, we hope every one is enjoying their summer. The kids and I went to my family reunion at Shasta Lake near Redding. It was very beautiful but we could not believe how low the water was down. The same for San Luis Dam. This is the biggest concern in farming now. We understand some farmers are pumping water from underground in Fresno, no more irrigation water from the canal district. Be kind to each other and conserve as much as possible. We don't know how long this drought is going to last. Remember to recycle your boxes.

This Weeks Box

We have squash, cucumbers, beets, carrots, radish, garlic, onion, jalapeños, sweet peppers, tomatoes, corn, eggplant, Swiss chard, melons, watermelons, peaches, nectarines, and basil. I like to make simple tomato salad to go along with whatever we have for dinner. All I do is cut and arrange the tomatoes, slice some cucumber, slice onion and arrange on plate with the tomato. Sprinkle with olive oil and Vinegar. Dice some basil and sprinkle on top. Done. The combinations work very well together. Be creative almost any thing goes. I also like to cut up the veggies and fruit for quick summer lunches. If you do it ahead of time chances are you can grab something healthy before you head out the door.

Farm Report

This is the last week for the interns. We wish them the best of luck with their next life experience and appreciated every thing they have done with the CSA and Farm. A job well done. We have been able to make a couple of batches of goat cheese. We have to say it came out pretty good. Seed sowing for fall crop has already begun. (where does the time go?) The figs, pomegranates, and pears are very nice. We will have a good crop.

We have been approached by quite a few new people to join the CSA. We have thought about it and feel that if we are going to add new people we will have to split up the delivery days. Right now we have 55 members with 20 in Los Banos and the rest are in Firebaugh, Dos Palos, Fresno, and Madera. We would appreciate a little feed back on which towns that would be willing to change their delivery day. It would make sense to change Los Banos to Wednesday and the other towns stay on Thursday. We would like to hear your options. We have a lot of produce and enjoy doing the CSA very much. We don't want to have to turn anyone down for wanting healthy organic produce when we have so much. Jim and Cyndi don't worry we will have another drop off spot. We want to truly thank each one of you for sharing your information.

Dates to remember

Fig Fest August 11, 2007

Tomato's Night Out Sept. 29, 2007 www.slowfoodmadera.org

Cheers

Farmer John & Shelby