

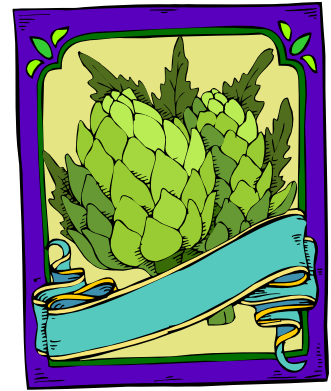
Lone Willow Ranch

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Hello folks, Welcome new members, we do recycle our boxes and clam shells. Please be kind to your drop off host and pick up your produce on time

This has been a trying week for us farmers. The wind that came through last week was devastating and then to top it, **the rain** and cool temperatures! We looked up last year's newsletter and we were getting close to having tomatoes! It looks like we are about 3 weeks behind the norm. We have had an awesome cherry year. We harvested for 3 weeks. Usually the birds get the most of the fruit but this year we were proactive with a butane automatic popper. We were able to harvest before the rain, but the flavor was not as sweet due to the cooler weather. We canned ours for cherry pie later. The apricots and strawberries were hit the hardest. Enjoy them when you can, they will be short this year.

This Week's Box

We have beets, baby celery, carrots, artichokes, lettuces, leeks, red meat radish, white turnips, kale, squash, herbs, green onions, cherries and a few apricots. The nutritional value of beets is amazing. These gnarled vegetables with bristly tails aren't much to look at. But dust off the roots and rinse off the leaves, and suddenly the picture brightens. Beets are blazing with color and bursting with potential.

"The thing about beets," says Fran C. Grossman, R.D., a nutrition consultant at the Mount Sinai School of Medicine in New York, "is you have the roots and the greens." Both are edible, making this vegetable a culinary and nutritional treasure trove.

Renowned for their earthy sweetness, beetroots have the highest sugar content of any vegetable. Nevertheless, they are low in calories, high in fiber, and rich in iron. They may even defend against cancer (via antioxidant beta carotene) and birth defects (folic acid).

The red variety's flashy flesh, in shades of fuchsia and ruby, dazzles the eye and, yes, stains everything else. Happily, cooks can protect hands with disposable gloves, and clothing with an apron. Non-bleeding golden beets tend to be a hint less sweet but can be swapped into most recipes.

The leafy greens, which can stand in for their botanical cousin Swiss chard, are even more nutritious than the roots, with double the potassium, folic acid, calcium, and iron, Grossman says. The leaves can be sauteed with garlic in oil or cooked just like other greens.

As for the roots, sweet beets often find their balance when paired with tart flavor. Beet relish gets its acidic nip from balsamic vinegar. In a vivid salad of beets and brown rice, lemon zest and goat cheese provide tang. Doesn't that beet all.. Even if you normally don't like beets, Try ours you will be surprised.

Farm Report

We may need to postpone farm day. The weather has delayed the crops. We really wanted to showcase the heirloom tomatoes, melon and corn. What do you think? Let us know. The lavender is getting close to blooming; Green beans should be ready by the end of June, The weather did not hurt the other stone fruit, we should have lots of peaches and nectarines and the later varieties of apricots. We are still accepting members.

Let your friends know about us.

Thank you for your support

Farmer John & Shelby