



Lone Willow Ranch
www.organicheirlooms.com

July 3, 2008

Hello, Can you believe we are already in July! We hope everyone has great plans for the 4th. This is always our favorite holiday just simply because of the fruit and vegetables that are usually offered for the first time of the year. But like we have said a few times; we are a little behind the normal schedule. We were very excited to go out to the tomato field and found a few ripe tomatoes! The earliest of varieties to ripen is the Flamme` and after searching around we found some Black Krim! The field is loaded with tomatoes, so get ready!

This Week's Box

We have beets, cucumbers, lavender, red potatoes, the first of the tomatoes and green beans, white and yellow onions, garlic, squash, red onions and red potatoes from T.D. Willy Farms and the last of the blue berries from Larry Hirahara Family Farms of Madera. Sorry, to say the artichokes are done. John picked the recipes for this week's newsletter. We hope you try them.

Farm Report

The sweet corn is starting to tassel, melons are growing fast; we have a good crop of pomegranates coming in. The peppers potatoes and eggplants are enjoying the warm weather and are expecting some soon. The farm animals are all great; the pigs have doubled their size and seem quite content. The chickens are getting close to laying eggs. They strut around like they own the world. They are very friendly but they scare the dogs. It is so funny to watch. We haven't starting the 2nd round of kidding yet but expect it very soon. We are making cheese just about every other day. We did a Farm House Cheddar tonight.

Dates to Remember

Lone Willow Farm Day!! July 20th 12:00 to 3:00 pm. Please RSVP. We want to be prepared! We are thinking that we will have a tomato and melon tasting, some homemade ice cream, and much more. We would like for everyone to come out and share a dish, a recipe, music, jam, bread, just whatever you enjoy bring it to the farm to share.

We have been remodeling the intern house and hoping to have the kitchen completed for our 1st Annual Farm Day ...Good Food...Good People...Life is good.... Come out and enjoy yourself

Slow Food Nation August 29 thru Sept. 1, San Francisco, Ca www.slowfoodusa.com

Until next week
Farmer John & Shelby