

## **Lone Willow Ranch**

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[www.organicheirlooms.com](http://www.organicheirlooms.com)

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Hello,

We hope that everyone was able to enjoy the few days of very nice weather we had. Our plants were in heaven. Their little leaves stretched out soaking in the sun; it is as if you could see them grow in front of your eyes. The trees are also blooming; birds are singing all is good on the farm.

Billing, yuck...We don't like doing this part of our job, but it is necessary to do. We will send an invoice if necessary but we feel at this point what is the point??

We have decided that for the next Season we will bill out our members for the full season and members can pay by the month, or pay for the season in full with the discount of 5 %. We will apply the payment to your account and all will work out. We are encouraging all members to commit to a full season.

### **This weeks box**

We have; leeks, carrots, Yukon potatoes, spinach, garlic greens, radish, white turnips, mint, cilantro, and Dinosaur kale.

Leeks are loved for its mild flavor and versatility, the leek has been cultivated for thousands of years in Europe and Asia. The French lovingly call leeks "poor man's asparagus," while the Welsh look upon it as a national symbol akin to the Irish shamrock. Native to the Mediterranean countries, the leek has been prized by gourmets for thousands of years. Nero believed leeks would improve his singing voice and is said to have eaten prodigious quantities to that end. In the sixth century A.D., the Welsh made leeks their national symbol because they were convinced that the leeks they wore on their helmets to distinguish them from their enemies strengthened them and helped them win wars. Leeks still hold a flavorful spotlight in today's cuisine. Looking like a giant SCALLION, the leek is related to both the garlic and the onion, though its flavor and fragrance are milder and more subtle. It has a thick, white stalk that's cylindrical in shape and has a slightly bulbous root end. The broad, flat, dark green leaves wrap tightly around each other like a rolled newspaper. Leeks are available year-round in most regions. Choose those with crisp, brightly colored leaves and an unblemished white portion. Avoid any with withered or yellow-spotted leaves. Refrigerate leeks in a plastic bag up to 5 days. Before using, trim rootlets and leaf ends. Slit the leeks from top to bottom and wash thoroughly to remove all the dirt trapped between the leaf layers. Leeks can be cooked whole as a vegetable or chopped and used in salads, soups and a multitude of other dishes.

### **Farm Report**

We have been busy. We have planted this week more raspberries, black berries, citrus of all varieties and Asian pear. The fava beans are blooming, we have two varieties this year, we will make seed from these. The onions and garlic are looking very good, we have a nice stand. The Peppers, squashes, tomatoes, melons, flowers are in the greenhouse looking very nice. Arugula, spinach, lettuces and cilantro should be harvested for the next couple of weeks. And like we stated the fruit trees are in bloom!

We want to "Thank" all of our loyal members for holding on even in the tough time of year. Cheers to you.

Remember Tell a Friend,

Farmer John & Shelby