



Lone Willow Ranch

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Hello All,

Happy Mother's Day. We hope everyone has a nice relaxing and joyful day. Time is passing by very fast. School is almost out. We just had the May Day Fair. Before you know it will be summer!

This week's box

We have the first of the cucumbers, carrots, sugar pod peas, fennel, squash, green onions, fava beans, Romaine lettuce, red leaf, speckled, butter lettuces, squash, cabbage, broccoli, red meat radish, strawberries and the last of the kale. For the fava beans, remove them from their pod, boil for 15 to 20 minutes and then remove the inner skin to get the bean. It sounds time consuming but they are worth it. They only last a short while, so enjoy. If you make soup you can leave the inner skin on. It is eatable. For those that are new we have what we call the watermelon radish this week. They are used as fresh in veggie platters but they are also used in food art. They can be sculpted into many shapes.

Farm Report

We have been planting, planting, planting. All is looking pretty good. The strawberries are coming out of stupor, the kale is almost done. The potatoes are starting to kick in. The corn is coming up. The lavender is starting to head out. We will have some for you box in a week or two.

Events

Slow Food Nation- go to their web site @ www.slowfoodusa.com check out the upcoming events. We went to a meeting in San Francisco last Sunday, it sounds as if they are going to have a nice event. Concerts, food tasting, networking, it should be fun. We had a good lunch at a place called "The Local Kitchen and Wine Merchant" the 300 block of 1st Street. Not pricey for SF but good food. Our hero Carol Petrini the founder of Slow Food came and spoke. It was motivating. If it were not for the Slow Food Event- Terra Madre we would not be writing this news letter and selling our produce to you the local consumer who wants fresh seasonal & sustainable produce. Thank you for making the commitment with us.

Farm Day June 29th, we are thinking about having it as a picnic/ tasting. We will start lunch around 12:00 and incorporate it with the tastings.

Until next week, Cheers,

Farmer John & Shelby