

Lone Willow Ranch

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Hello,

We hope everyone is doing well. What about this crazy weather! Our plant doesn't know what to do. One minute it is warm and sunny and the next it is hailing with wind....

We have been having computer trouble again. We lost a lot of our contact information on past members. If anyone happens to ask please give them my phone number or have them re-sign up on the web page. www.organicheirlooms.com . Sorry if it has caused any problems.

This week's box

We have red cabbage, Nate carrots, and red Irish potatoes from our friend, T.D. Willey Farm, petite white turnip, baby red leaf lettuce, fennels, parsley, kale, garlic greens, raisins, and prunes. I love to clean the turnips and slice very thin and serve fresh on my salad. These turnips are very mild and crisp. The kids love the turnips like this. The prunes come from a friend that we trading produce for. They are not treated with preservatives so keep them in out of direct heat if possible.

Eating Well

With the hustle and bustle of everyday life, it's difficult to maintain a healthy lifestyle. But, wise food and activity choices can help you feel better today and stay healthy in the future. Eating well and staying active are keys to a healthy lifestyle to help you lower your risk of chronic diseases such as heart disease, diabetes, osteoporosis and certain types of cancer.

Eating well now and for the future involves eating a variety of nutrient-packed foods within your daily calorie needs. The sooner you begin, the sooner you'll reap the benefits. A healthy eating plan is not a short-term "diet." A healthy eating plan emphasizes fruits such as dried plums, vegetables, whole grains low-fat dairy foods and lean sources of protein (lean meat, poultry, fish, beans, eggs and nuts.) Two cups of fruit daily is recommended for a 2,000 calorie diet. One-half cup of dried fruit is considered 1 cup from the fruit group.

Farm Report

We already have 3 new kids, Mama Brownie had triplets. 2 boys and 1 girl. We are going to call the girl Sweetheart because they were born on Valentines Day. So cute and all are doing very well. We were off last week touring Oregon. We went to 3 different goat cheese Creameries and an Organic Seed Conference. We talked and shared ideas, a lot of very nice people. We have included some information from the seed conference for you to read. (Thanks to John being on the board.)

We came home with a dozen Raspberry plants. We will plant them this week. The trees are not budding yet; we have been sowing seeds to go into the greenhouse, and weeding. Not too much growing yet. It will kick in soon.

We want to hear from you,
Farmer John & Shelby