

Lone Willow Ranch

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Hello Everyone,

We hope everyone is doing well. Time has flown by for us. We have been pretty busy getting ready for a great spring. We went to Eco Conference the week of Jan 22 thru the 26<sup>th</sup>. As usual we had lots of discussion on farming organically, but this year there was a lot of discussion on food practices and safety. Most farms do their very best to handle produce correctly, but what we got out of it was to take a little extra time to wash your produce thoroughly then bag and refrigerate even if it has come from a bag in the grocery store. It is something we have always done, but you would be surprised how many people don't handle produce correctly. Energy was also a hot topic; we can all add our opinions on this subject. We are ready to go Solar.

This week's box:

We have Arugula, Yukon gold potatoes, radishes, from T. D. Willy Farms, broccoli, cabbage, cauliflower, garlic greens, cilantro and mixed herbs. Not very much ready yet. It is still pretty cold.

Farm Report:

We have planted in the field; fennel, dinosaur kale and artichokes. The artichokes should be ready late April early May. The fava beans have flowers. The strawberries and blue berries are still in the dormant stage. We have a large variety of heirloom lettuces in the green house that will be planted soon, along with the heirloom tomatoes, that will be planted in the field in March. The garlic, shallots and onions are looking pretty good. We planted some citrus trees and more flowers.

We will start with the every week delivery on April 3<sup>rd</sup>.

We picked up a good book called New Good Food, Essential Ingredients for Cooking and Eating Well. It is a very practical book, but once we start reading it is hard to put down. It is written by Margaret M. Wittenberg. It covers everything.

We hope you enjoy your box and remember to tell a friend. We are going to have a lot of produce to share.

We want to hear from you. Until next week,  
Cheers,  
Farmer John & Shelby