

Intentional Eaters Community Supported Agriculture

Every week just seems to get better and better. There's still a tone of work to do, but somehow it seems easier... more natural. Our bodies have picked up the rhythm of summer and go with it. Harvest still consumes our days, but this week, there's a twist.

Otesha cycling activists have arrived on the farm. They are preparing for a month-long cycling tour across southern Ontario. At various stops along the route they will be performing a play which aims to communicate a feeling of optimism, activism and responsibility. A wonderful, positive energy pours out of the group, which breathes new life into our daily activities. Their company here at the farm is very much enjoyed!

Since the group is so much fun, our own team of keeners decided to team up and make our Farm Hoedown that much cooler. Genevieve has booked musicians hailing from way out yonder to lead our Riverglen Farm Hoedown!

That's right, gear yourself up for some hearty laughs and some good ol' Contra Dancing! Don't know the moves? Not sure what to do? That's ok, neither do I! That's why we brought in a couple pros to lead the way this Friday. After a little limbering up, I'm sure we'll all get to whoopin', haulerin' and jumpin' in no time at all. It's really all about having a good laugh and letting go for a couple hours. You're welcome to bring a friend for this event!

So that's about it for this week. We're starting on the hay (finally) this week, so I'll be spending a few long days out in the sun no doubt, but it's good to know it's actually going happen. With four extra stomachs to feed this winter (Camino the Bull) I want to make sure I have a good supply of hay up in my loft.

- David, Robin, Roseanne, Jen, the Otesha gang, and Marah(rest well)



Today, you will find in your shares:

Lettuce: Robin's custom lettuce blend stays steady right through the summer.

Rainbow Chard: I think swiss chard has finally made its way into the hearts of Canadians. Great!

Genovese Basil: More basil Genovese basil. So..... what did you think of the lemon basil?

Cilantro: That just about wraps it up for cilantro, I believe.

Onions: Good ol' onions. They belong in every meal.

Coloured Carrots: Roots of delicious

Summer squash: One more round of yellow summer squash. Looks like the zucchini plants are winding down... that might of been the last of it for the CSA.

Chinese Cabbage: Something ends, another begins. A few areas of the garden got hit pretty hard by the floods this summer, and our chinese cabbage was one crop that didn't bounce back so well. It's still tasty, but it's a bit small and you can tell it's been through some tough times. Give it a try though, it's a luscious green!

Tomatoes: Sweet, tender fruit

Peppers: Sweet bell peppers

Beets: More nutritious roots. We need recipe ideas for these guys! Any tips?

