



What's "growing" on?

Newsletter

Veggies – Coming Soon!

Well, here we are, nearly the middle of June! This month always goes by way to quickly. Mother Nature has been good to the CSA on the farm. We have been receiving regular rain showers and thankfully, the hail and damaging winds have stayed to the north and the south of our farm. I snapped the picture to the left the other day after a shower passed by. If you look closely, the rainbow ends right at the compost pile. To a garden, that is a pot of gold, or rather, a pile of gold!

We are excited to announce that the CSA shares will become available starting for some members on Monday, June 24 and for others on Thursday, June 27, 2013. There will be a modest allotment of spinach, lettuce, rhubarb, green onions and as many fresh eggs as we can have available. There will also be a chance for you to tour the yard, the CSA plot and meet the farm critters. Stay tuned to your in-box

for your pick-up schedule.

I would like to take the opportunity to dedicate this newsletter to a faithful farm friend who has caught more mice, voles, gophers and weasels that I could every count. He has provided companionship and loyally served our family for the past 17 years. His name is Bailey and is our aged farm cat. Now 17 years is very old for any outside farm cat; only the fastest, the wisest and luckiest every live to this ripe old age. This is the case with our Bailey. We can tell that the end is near for Bailey and we are saddened by this reality. It does however become such a genuine teaching opportunity for our young children. The farm provides a natural environment to learn about life and death, how to appreciate a birth and how to say good-bye. We have never

allowed cats in our house, but the past 3 evenings in a row, we have invited Bailey into our home to be close to us as he lives his last days. He is arthritic and it takes a supreme effort, but he climbs the stairs to the back deck each night at about 8:00 and waits patiently for us to open the patio door. Once inside the house he walks to the bed of pillows that my daughter made for him in her room. As he rests, he purrs and seems at peace surrounded by "his" people. Each morning for the past 3 in a row he meows to be let out at exactly 5:00 am and we wonder if that will be his last night with us. We are thankful that he accepts our offer of comfort and know that he will decide when his time here with us will come to a close. Thank you Bailey!

(He's the dark-striped tabby)

Spring Spinach Salad

- 2 tbsp (30 mL) extra-virgin olive oil
- 1 tbsp (15 mL) apple cider vinegar
- 2 tsp (10 mL) Dijon mustard
- 1/4 tsp (1 mL) paprika
- 1 pinch salt
- 1 pinch pepper
- 1 pinch sugar
- 4 cups (1 L) baby spinach
- 1 cup (250 mL) thinly sliced mushrooms
- 4 slices bacon, cooked and chopped
- 1/4 small red onion, thinly sliced
- 1/4 cup (60 ml) sunflower seeds, if desired
- 2 hard-cooked eggs, quartered

Preparation: In large bowl, whisk together olive oil, vinegar, Dijon mustard, paprika, salt, pepper and sugar. Add spinach, mushrooms, bacon, onion and sunflower seeds (if desired); toss to coat. Garnish with eggs.



What can we do at the farm?

Bring your fishing rod when you pick up your veggies! Our dugout is stocked with perch of all shapes and sizes. Our daughter, Evie, is showing off her "catch of the day". Note: We do request that you practice the policy of "catch and release". Thanks!

