

LA VISTA CSG NEWSLETTER

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WEEK # 22

Field Walk...

There are some vegetables that just allude a grower. One farmer that I worked for never could grow spinach. Different varieties, different soil types, irrigation, prayerful meditation—irregardless, a spring and fall spinach crop always alluded him. It seems that every season, I have some vegetable or other that fails; last year I had more green beans than people could pick, but not an eggplant in sight. This year, the opposite is true. However, for three consecutive years, growing brussel sprouts has been a mystery that I seem unable to crack. My first season, I started them months too late. Last year, the cooler than normal temperatures stunted their maturity. Finally, I thought this season, I had it figured out. I started them in the green house in May and planted them with the winter squash the first of June. They survived the terrible drought, with constant irrigation, and were looking beautiful and growing perfectly in August. And then, in late August, I noticed a new insect—the harlequin beetle—and didn't know quite what to make of it. After two weeks, I noticed certain leaves starting to curl and pale. I sprayed pyrethrin to kill the beetle, but it didn't work. Needless to say, the beetle destroyed every brussel sprout plant, four rows of shriveled, black stalks. Totally depressing!! I get the feeling that it might be my lifelong challenge to grow this coveted crop. I'll keep trying!

Do you have leaves from your yard??

Please add them to the compost pile located in the small garden next to the distribution room. These leaves will make wonderful compost for next year's fertile fields.

MAKE A NOTE!!

- The last week of distribution is November 15 and 18th.
- Our end-of-the-year Harvest Party is Sunday, November 13th at 4 PM in the greenhouse. If you are interested in decorating please meet at the greenhouse, Friday, November 11th, from 5-7 PM. We will string lights, pick flowers, etc., all ideas for beautification are welcome!!

What's in Your Share:

sweet potatoes, collards, swiss chard, spinach, salad mix, lettuce, peppers, eggplant, broccoli, winter squash,

PYO: cherry tomatoes, parsley, and basil

New Next Week: carrots, parsnips, rutabagas, radish

What's For Dinner: Will's Collard Greens

from Asparagus to Zucchini

1 bunch collard greens, stems cut and discarded

¼ cup olive oil

½ tsp salt

¼ tsp pepper

1 tsp sugar

1 tsp minced garlic

Wash the collard leaves and stack them. Roll them up tightly, then slice thinly so you have a chiffonade of greens. Heat the oil in a large pan over medium heat with salt, pepper, sugar and garlic. When the oil is hot, add collards and stir often for 15-20 minutes, until collards are tender, taking care not to burn the greens. Add more oil if necessary. Makes 4 servings.

What's For Dinner II: Eggs with Collards

and Cheddar Garlic Grits

from Asparagus to Zucchini

¾-1 lb collards, or other greens

1 T balsamic vinegar

salt and pepper

1 garlic clove, cut into slivers

1 cup quick cooking grits

1 ½ cups grated sharp cheddar cheese

4-6 eggs

Oil individual baking dishes. Heat oven to 400. Wash collards; cut out the stems. Chop greens. Steam or saute greens until just wilted. Sprinkle with vinegar and season with salt and pepper. Set aside greens. Place 3 ¼ cup water and garlic in saucepan and bring to boil. Stir in quick grits; lower heat, cover, and cook gently, stirring occasionally, 5 minutes. Stir in cheese and half cooked greens. Portion grits into baking dishes. Make a well in the center, nestle the remaining greens into indentations, and crack an egg over the top of each. Sprinkle with salt and pepper. Bake until eggs are set, 10-15 minutes. Makes 4-6 servings.