
LA VISTA CSG NEWSLETTER

4350 LEVIS LANE
GODFREY IL 62035

WWW.LAVISTACSA.ORG
(618) 467-2104

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WEEK # 26

Field Walk...

I always notice this time of year how much slower I move. Planting a row of next year's garlic takes twice as long as it does in the spring. After farming for five years, my body has become in tune with the seasons. In the spring, like any young plant, I am eager, energetic, hopeful. I want to wake up early and work hard. By the summer, I have fallen into a steady pace and am in production mode—grow tomatoes, grow melons, grow cucumbers. The days are long but it all seems natural to be outside with the sunrise and sunset. Finally, cooler temperatures arrive and I slow down like a bug, barely moving along. I have to be nudged every once in awhile to achieve lift off. The winter gives my mind and body a time to recover from this demanding work with a lot of sleep, no heavy lifting, and several good novels.

With the winter break comes ample time to reflect on the previous season's triumphs and failures. How can I get my green peppers to turn red? What can I do to keep the cucumber beetles off the eggplant? And the never ending quest of doing a better job with weed control. I look forward to finding answers to these questions and trying them out next season. I love that each year I learn many new things and gradually become a better grower.

Enjoy this second to last week,

Farmer Amy

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.

What's in Your Share:

winter squash, swiss chard, salad mix, lettuce, carrots, broccoli, parsnips, turnips, collards, kale, onions, garlic

What's For Dinner: scalloped squash & potato

from Farm Fresh Recipes

3 c butternut squash, peeled and cut in chunks
2 c diced potatoes
1/3 c chopped onion
1/2 c chopped cooked ham (optional)
1/4 c flour
1 T chopped parsley
1 tsp salt
1/4 tsp pepper
1/4 tsp ground nutmeg
1 1/3 cup milk
2 T butter

Place half of squash and potatoes in a greased 1 1/2 quart casserole dish. Sprinkle on half the onion and ham. Whisk together flour, parsley, salt, pepper, and nutmeg with milk. Pour half the mixture over vegetables. Dot with half the butter. Repeat layers. Cover and bake at 350 degrees 45 minutes. Uncover and bake 10-15 minutes, or until vegetables are tender. Makes 6 servings.

MAKE A NOTE! Our end-of-the-year Harvest Party is **Sunday, November 13th** at 4 PM in the greenhouse. **This is a potluck** so please **bring a dish to share using as much farm produce as possible**, as well as your own utensils and chairs. There will be a bonfire, hot cider, and a slide show. This will be a great way to end the season! See you there!!

If you are interested in decorating please meet at the greenhouse, Friday, November 11th, from 4-6 PM. We will string lights, pick flowers, etc., all ideas for beautification are welcome!!
