

Community Supported Garden at La Vista

THE WEEKLY WEEDEEER

Volume 7, Issue 11 – July 26, 2009

A MESSAGE FROM . . .

OUR APPRENTICE, NATE

Several years ago, when I was a farm apprentice in Oregon, the farmers asked us to write an article for the monthly newsletter. This week we introduce that tradition to La Vista with a message from our second-year apprentice, Nate McKenzie. Nate is an avid



reader, a faithful member of the farm community, and a reverential wit. Enjoy...

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Hi everybody – it's your friendly community supported farm apprentice, Nate. You may remember me from such farming seasons as: 2008, *The Season Beyond Reason*. And fan favorite, the one everyone is talking about, the sequel without equal, *The Return of The Bok Choy*, 2009.

I've been asked by Mr. Larson to introduce myself, so let me introduce myself to those of you who may not know me. My name is Nate. I'm a Taurus. I'm an apprentice farmer at this beautiful place called La Vista, perched high above the Mississippi River in the little hamlet of Godfrey, Illinois. I may be familiar to some of you. I'm the guy gallivanting around Godfrey/Alton on the bicycle. Perhaps you've noticed me fixing a flat tire or shopping for groceries at our local Schnucks. Maybe you have seen me performing various tasks around the fields when you come to pick up your veggies each week.

I'm kind of a large person, of farmidable stature, easily recognizable, hard to overlook, fills the space he is taking up at any given time. Oh, I know- that smelly/sweaty/dirty hobo lookin' guy who doesn't seem like he should be the greeter in the share room but sometimes is – that's me. Nice to meet you. Thanks for comin' out to the farm.

WHAT'S IN YOUR SHARE?



- Garlic
- Carrots
- Squash
- Basil



- Tomatoes
- Onions
- Cabbage
- Lettuce



- Potatoes
- Cucumbers
- Beets
- Basil

and U-Pick
cherry tomatoes, okra, green beans,
herbs and flowers

WHAT'S FOR DINNER?

Tomato–Basil Vinaigrette

(from Prevention's *The Healthy Cook*)

- 1 1/2 cups peeled and chopped tomatoes
- 6 Tbsp white-wine vinegar
- 1 Tbsp chopped fresh basil
- 1 Tbsp chopped fresh thyme
- 1 1/2 tsp Dijon mustard



In a food processor or blender, combine the tomatoes, vinegar, basil, thyme, and mustard. Blend until smooth. Store, covered, in the refrigerator, for up to 2 days. Shake well before using.

A FARM WORK DAY

Anyhoo – I just wanted to say hi – let you guys know that I've really enjoyed/am enjoying giving you your vegetables each week. I sincerely hope you are having a wonderful season thus far. The tomatoes are coming on strong, and I think we're going to start giving out garlic this week. I'm really grateful I've gotten to be a part of this wonderful thing you've got goin' at La Vista.

Thank you for giving me the chance to put in an honest day's work to deliver you the wholesome food that nourishes your bodies/minds/souls which in turn enables you to go out and do the glorious things that you do to make the money which you have allocated and hopefully will continue to allocate for membership to the farm - monies which provide us the necessary funds to continue giving you wholesome food which nourishes all of you in your endeavors and therefore, in turn, ipso facto, enables you to go out and be productive members of society. The circle is unbroken. We are all in this thing together. Thank you for supporting us and helping us to support you. I'll be seein' you at the farm.

nate

UPCOMING EVENTS

Volunteer Work Day, Saturday, August 1, at 8 a.m.

The 2009 ANNUAL TOMATO FESTIVAL is Sunday evening, August 9, from 5 - 7 p.m. Don't miss our biggest event of the summer, as we celebrate our favorite crop of the season through games, dishes, and community. Be there!



LOOKING AHEAD

The weather has been funny this past month, putting our fruiting peppers, eggplant, green beans, etc., through both extreme heat and unseasonable cool temperatures. This has made it difficult to predict harvests, but the plants are still healthy and vigorous. Eggplant, sweet peppers, and hot peppers are coming soon.

Community Supported Garden at La Vista

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www.lavistaCSA.org

The ***Community Supported Garden at La Vista*** is one branch of the **Oblate Ecological Initiative**, a ministry of the Missionary Oblates of Mary Immaculate. The other branch, the ***Ecological Learning Center***, offers seasonal celebrations,

retreats, presentations, discussion groups and a week-long Earth Literacy course. For more information visit www.lavistaELC.org.

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