

# Community Supported Garden at La Vista

## THE WEEKLY WEEDER

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### GREENS ARE ON THEIR WAY

Many of you have asked if we'll be getting spinach and other greens again, and when. The answer is Yes, and Soon. In fact, we've spent much of the past month sowing, weeding, and otherwise caring for all the fall crops that are soon on their way. If you're wondering what the fall growing season is like, remember the first few weeks of the season and multiply it by a couple of months. Salad mix is, indeed, already here this week.



I love how fall comes just as we're getting our fill of summer crops. In fact all the transitions between all the different seasons come at the right time. It's not like we want cucumbers and squash all season long. A cucumber in Autumn is never as good, in any way, as that first fresh cucumber in the heat of June. The same with squash. Every crop has its season. When it's in its season, then our job is to eat it in bunches while it's at its peak, so that when its season comes to an end, then we're absolutely fine with it.

Have you enjoyed the summer season? I hope everyone is getting their fill of tomatoes. What started out as an average, normal season suddenly exploded in the last two weeks. For two weeks in a row we broke harvest records, to the point that we spent the majority of three days this week just trying to keep up with tomatoes. We ran out of harvest buckets, bread trays, and time for much else, as the tomatoes just poured off the vine. Last week we harvested just under a ton of tomatoes (1,944 pounds to be exact), which is a LOT of tomatoes for us.

In between harvests, we somehow managed to hoe and weed a dozen crops for Fall. We also sowed and planted a lot of other crops, like lettuce, spinach and bok choy. We've been able to keep up with our sowing and planting schedule with lots of timely planting efforts. And although it may not seem like it, we've only got a couple more weeks of planting season left. Once we hit the equinox in a couple of weeks, that's pretty much it.

I love summer with its wonderful flavors and

### WHAT'S IN YOUR SHARE?



- Salad Mix
- Leeks
- Cucumbers
- Onions
- Peppers
- Tomatoes
- Potatoes
- Garlic
- Radishes
- Eggplant
- Squash

and U-Pick plum & cherry tomatoes, green beans, herbs and flowers

### WHAT'S FOR DINNER?

#### Green Beans Almandine

(from Mollie Katzen,  
*The Vegetable Dishes I Can't Live Without*)

This tastes GREAT with Crispy Leeks (*see Week 16*)

- 1 Tbsp extra-virgin olive oil
- 2 tsp unsalted butter
- 3/4 cup chopped almonds
- 1 tsp minced or crushed garlic
- 1 1/2 lbs green beans
- 1/4 tsp salt

Crispy Leeks for garnish



Put up a large saucepan of water to boil. In the meantime, place a large, deep skillet over medium heat. After about a minute, add the olive oil, melt in the butter, and swirl to coat the pan. Turn the heat to low, add the almonds, and cook, stirring frequently, for about 5 to 8 minutes. Stir in garlic during last 2 min.

When the water boils, add green beans and simmer 3-5 min. Dump beans into colander and drain thoroughly. Return the pan of almonds to stove over med-low heat. Add beans, turning until they become completely coated with almonds. Sprinkle in salt as you go. Serve hot, warm, or at room temperature, topped with Crispy Leeks if desired.

usually great growing conditions, despite its all-too-intense challenges. But Fall comes none too soon, because it would be difficult for us to keep up the pace of summer work much longer than this. We're still working at a fairly intense pace, trying to get all of our remaining crops established before night is longer than day. But the work is starting to lighten up a bit, which is good for our bodies that are aching and tired from several months of heat and hard work. And we need the rich energy and vitamins that spinach and other greens provide. Not that tomatoes, peppers, etc., are going anywhere yet. However, yes, greens are on their way.

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### You Pick



### Farm Picnic



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### UPCOMING EVENTS

Next Volunteer Work Day will be Saturday, September 19 at 9 a.m.

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### LOOKING AHEAD

We still have lots of tomatoes, but this is probably our last week distributing onions and garlic. By giving out more onions earlier, rather than one per week as in years past, we were able to give out a LOT more onions than in the past. And more garlic, too. Winter squash will be coming soon, as well as all the greens.

#### *Community Supported Garden at La Vista*

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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](http://www.lavistaELC.org).

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