

# Community Supported Garden at La Vista

## THE WEEKLY WEEDER

Volume 7, Issue 24 – October 26, 2009

### BEGINNINGS AND REST

We're now in the final month of another productive and tasty harvest season. The soil is cold and wet, the skies are gray and low. You can feel life retreating underground, indoors, and into winter. The leaves are golden and gorgeous but will soon fall.



This is when we begin to rest. All of us. Farmers and the land, bugs and the bees, weeds and the seeds. We've all worked together under the hot sun and spitting rain and squeezed out piles of sweet goodness from this little patch of bluff top.

But, resting does not mean stopping. To rest means merely to transition, from one form of work to another kind of work. In October we begin to rest that part of us that sows, weeds, and cultivates. But we're only 4 months away from digging beds in the greenhouse for spring greens, making soil mix and sowing onions, herbs, cabbages, etc., early next year. Four months seems like a long time, but four months AGO we were well into the squash and cucumber harvests and just about to start picking tomatoes. It goes fast.

By the time we get to the last month of the harvest season our first priority is to keep the harvests going. We stay alert to changing weather and keep our crops protected and safe. We stay prepared to work in funky weather and be careful when driving trucks and tractors over constantly wet ground. We watch for deer that have more incentive than ever to break through our fences.

is to clean up everything. We

### WHAT'S IN YOUR SHARE?



– Celery



– Carrots



– Hakurei Turnips

– Swiss Chard

– Scallions

– Collards & Kale

– Bok Choy

– Beets

– Lettuce

– Cilantro

– Salad Mix

– Spinach

– Radishes

– Cabbage

### WHAT'S FOR DINNER?

#### Chinese Cabbage Salad

(from: *From Asparagus to Zucchini*)

- 5 cups chopped Chinese Cabbage
- 3/4 cup sliced or shredded radish
- 1 1/2 cups chow mein noodles (the crunchy ones)
- 1 cup crushed peanuts
- 1/4 cup sesame seeds (black, if available)
- 2 Tbsp rice vinegar
- 4 Tbsp soy sauce
- 1 Tbsp honey
- 1/2 - 1 tsp dry mustard



Combine cabbage, radishes, chow mein noodles, peanuts, and sesame seeds. Mix remaining ingredients. Toss with cabbage, using just enough dressing to suit your taste. Makes 6-8 servings.

### LOOKING AHEAD

As long as the weather holds, the share should stay full of greens and roots for 3 more weeks after this week. Don't forget that you can cook and freeze all these

## Our next priority

pull out stakes, roll up drip tape and hoses, and reorganize the barn. I'm a stickler for putting everything away exactly where it needs to be in spring so that you can hit the ground running when the warmth returns. This cannot be understated. The success of the next season absolutely begins right now.

**In fact, I always argue,** and act like, next season begins right now. Seed catalogs arrive this month. It's best to plan next season's crop rotations right now, when the fields are full of at least the residue of crops. You can SEE everything now. It's easier to plan everything now when the fields are teeming with information right before your eyes. When you wait for January to get started, then the farm can seem almost like virtual reality, a slice of imagination. Right now it's real. Plus, getting an early start means we have a lot more time to solve disease and pest problems, prepare for major changes, fix things, shop for the best equipment, etc.

**Falling leaves indicate** the end of another cycle, but they are the beginning, for the leaves that fall this year nourish the new life that emerges next year.

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## NATE PICKING PEPPERS



greens if they are too much for you now. But **EAT YOUR GREENS!** The best way to stay healthy is to feast on these nutrient-packed foods every day. This is as good as it gets, in terms of healthy eating. You deserve it.



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## UPCOMING EVENTS

\*\* Our next workday will be our Garlic Planting Saturday, November 7 at 9 a.m., weather dependent  
\*\* Annual Harvest Party, Sunday, Nov. 15, 2009, 4 - 6 p.m. Potluck, cider, slide show... Don't miss it!

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## NATE PICKING SPINACH



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### *Community Supported Garden at La Vista*

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

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