

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

www.rootconnection.com

(425) 881 1006

June 5, 2013

Dear Members, Welcome! This week, we have lettuce, white Asian turnips, baby bok choy, and lettuce cabbage (a type of loose leaf nappa cabbage). The turnip bulbs are really good raw – a kid’s favorite. The leaves are very tender to cook, with a mild flavor. The cabbage is wonderful in salads or lightly sauted.

Wed/Thurs pickup: come Wed AFTER 12 NOON until 6 PM or Thurs 10 AM to 3 PM*

Do NOT come on Fri or Sat - those days are for the Fri/Sat pickup members

Fri/Sat pickup: come Fri AFTER 12 NOON until 6 PM or Saturday 10 AM to 6 PM*

Picking up your share: please check off on the member list. There is another checkoff list for Fruit Shares- very important that you check your name off there too, if you purchased a fruit share.

U-Pick items: Pick limits for greens & chard is ten leaves of any one kind. (this is per weekly visit, share partners every other week) You can pick 10 leaves of as many kinds as you want. Basic rule is don’t pick anything without a “U-Pick” sign (except in the herb garden in front of the store) Ready now: Mustards, Kales, Collards (located in a row of hoop houses – go to chicken coop, walk down path just after) Chard is also ready. **When you pick, please use scissors to cut off the leaves, as pulling on the plant damages the root system. NEVER cut the whole plant – just the outside leaves. These plants continue to grow from the center so we can keep picking all summer.**

Kids garden: There is a small amount of lettuce ready. Other items to follow.

The herb garden: many things to pick there! Herbs are super nutritious, (and very expensive in the store) so make sure you incorporate them into your meals. A salad is so great with some herbs cut in small pieces in it – you really don’t need anything else but lettuce to go with them! Try the Anise Hyssop, Chives, Sorrel, and the Mints. Add some edible flowers – chive blossoms (pull the little lavender flowers out of the main flower ball- they are delicious!), calendula petals, and the little purple pansies. I love herbs in my toasted cheese sandwiches (chive blossoms and tiny little thyme leaves), scrambled eggs, cottage cheese, plain yogurt, to name a few.

SHARE PAYMENTS: Credit cards **cannot** be used for share payments at the farm checkout desk, only through the website. (different card reader systems) If possible, pay by check which saves the farm a lot of money. Our budget is very tight, so please make sure to get your payments in on time - so far we’re not off to a good start. We rely on membership payments to pay our bills and to have enough money to meet payroll. Pretend it is your electric bill and put it in your bills to pay system so you don’t forget.

Just a few cautions (these were reviewed in the first newsletter you were sent) – watch your kids, do not leave valuables in your vehicle, no dogs (leashed or not) in the growing areas (this is a health issue) – you can walk them around the perimeter driveways.

Please take time to walk the farm (did you know you can access the Burke-Gilman trail at the rear of the property?) and enjoy seeing how the planting plans develop, and the changes you will see from week to week. And then there is the sky and the air, and the quiet (unless Jeff is roaring around on the tractor).....

Claire