

Intentional Eaters Community Supported Agriculture

Howdy Eaters:

Just in from the field, from the weekly Wednesday harvest, and the heat is finally a-kickin. We welcome the return of our long missed prodigal celestial body, the Sun. Due to her gracious rays, all those hot-season crops like tomatoes, peppers, cucumbers, squash, and even (though not this week) potatoes, which until now had been sulking in the field amidst anti-climate-change banners, are finally shrugging off the early winter and giving us what we want: veggies. So while our farmers are feeling like we've been given a second chance by a finicky spouse, you all are probably working on a very late tan, and hopefully getting your preservation on with a much needed dose of salsa making.



So in your shares this week, besides the usual abundant share of our bounty, you'll find another treat. To make up for the veggies putting down their strike signs and heading back to work, we're hoping you all might hop on the revolutionary bandwagon and help us with an issue that's a little closer to home than the heavens. As close as your very own National Capital Greenbelt, in fact. As you have well heard, we're dropping a letter (two actually) in your share, which we are hoping you'll sign and send off to the CEO of the NCC. The letter has been kindly prepared by our very own Linnea Rowlett, in order to promote the kind of values we all espouse for every property in the Greenbelt. Wouldn't it be awesome if every one of the 65 NCC properties had a Riverglen-like farm to serve their local community? I myself, after finding another job due to all the new competition forcing me out of business, would be happy as a clam. So please read it, agree with it, sign it, and send it in. We even stamped them for you. A big, big, shoutout to Roseanne Iland for her help in stuffing all those envelopes and for coming out to help on the farm this morning! Every one of those pretty tomatoes and beans were packed lovingly by her very own hands. Thanks Roseanne!

Robin, David, Caro, Roseanne, and Marah

Today, you will find in your shares:

Lettuce: Red leaf lettuces

Rainbow Chard: Nobody has complained yet about this beautiful green, so we think you must be enjoying it. . .

Lemon Basil: Smell this amazing aroma, and then make yourself some lemony pesto.

Cilantro: Salsa, salsa, salsa

Onions: See above

Coloured Carrots: Why not?

Summer squash: We got a lot, and so do you! Have you seen Ratatouille? It may be time for an inspirational movie rental. . .

Beans: A pound for your thoughts. . . ?

Tomatoes: A bigger portion than last week, start up your sauce pan!!

Peppers: Sweet bell and banana peppers for salsa and sauces

Celery: Four stalks for your dips and seasoning pleasure. Use the leaves in a sauce!

