

August 2 & 5, 2010  
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# Kettle Pond Farm CSA

## Week 9



### In Your Share:

- Lettuce-
- Basil-
- Beets or Radish or other-
- Cukes or Squash-
- Green Beans-
- Tomatoes-
- Peppers & Eggplant-
- Garlic-
- Onion-
- Radish-
- Cilantro-

**"THE WORLD IS A DANGEROUS PLACE, NOT BECAUSE OF THOSE WHO DO EVIL, BUT BECAUSE OF THOSE WHO LOOK ON AND DO NOTHING."**

**~ALBERT EINSTEIN~**

### Nine to Five, its August Time

Welcome to the ninth week of the 2010 season, and also to August! It is amazing how fast this summer is going by. Seriously! I'm blown away that its already August...but I think that the plants are in tune, taking everything in stride. Think of the trees – this one month is but a second in their long, long lives. Reminds me of a quote...

*"I want to achieve the time sense of a sycamore that might live 600 years along the shore, and feel the seasons come and go like so many days and nights. Years might be as days, alternating light and dark, warmth and cold; perhaps only the fierce storms that come once in a generation might stand out enough to mark the passage of time. (John P. Riley)"*

### This Week's Veggies

This week we are hosting a bunch of the usual veggies, but adding in green beans, garlic and lettuce. The tomatoes are producing very nicely, so expect more in your share this week! The peppers and eggplant were great last week, I hope you all enjoyed them!

I'm really excited that garlic is making an appearance. It's the longest season crop we grow. We planted this crop last November and harvested it a few weeks ago. After harvesting, it is hung up in the barn to dry out. The energy of the greens is pulled into the bulb, making it extra good for you. Some people claim that eating a clove of raw garlic a day keeps them healthy, but I think if you're willing to eat raw garlic every day, then you have the mindset and will for a healthy life, and that will keep you well. Well...off to eat my clove for the day!

### Helping Hands

Thanks to all the helping hands this past week, we really appreciate your commitment. We had people harvesting, weeding, washing and watching the pick-up...such a variety of tasks they helped us with. Thank you. Helping harvesting, washing and weeding this week would also be appreciated! Stop on by anytime Monday or Thursday to join us for some grand fun!



This one liner was produced by John Heywood, an English playwright and poet in the 16<sup>th</sup> century. Another great quote of his is:

*"If you will call your troubles experiences, and remember that every experience develops some latent force within you, you will grow vigorous and happy, however your circumstances may seem to be."*