

June 3, 2010



# Vermont Valley Community Farm

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**Welcome** to the 2010 season from all of us here at Vermont Valley Community Farm. This is our 16th season as a CSA and we are feeding over 2,000 families!! Together we are all making a huge difference, working together to create a sound, local, organic food system. Thanks for your support and confidence.



**Tuesday morning:** Harvesting the big, beautiful heads of Nancy, our butter crunch lettuce. Barb is cutting the heads while the others clean off the bad leaves and then pack eight heads into each crate. When we get back to the packing shed we spray off the root end of the head and then dip the entire head into a tub of ice cold water. The lettuce then gets put into a 38 degree cooler to stay fresh.



**Monday morning at 6:00am:** Salad mix harvest. We plant each variety of lettuce into a separate bed. The varieties get harvested separately and placed into crates. Back in the packing shed we mix the varieties together as we submerge them into large tanks of water. It is then spun dry, put in the cooler at 38 degrees overnight and bagged.

## How to unpack your share

As we prepare to pack the shares, we very carefully figure out the order in which the vegetables should get packed into the container. It's usually like a puzzle. The heaviest vegetables go on the bottom, the awkward shaped vegetables get put in on an angle, the most fragile vegetables go in last. So when you unpack your container... Hmmm. Should the first vegetable you take out of your container go into the bottom of your bag? NO. It's hard for me to watch someone put a head of lettuce or a tomato on the bottom of a bag, put a few heavier things in next and top it off with a bag of potatoes. We take such care to get the vegetables to you in pristine condition, don't give them a rough ride home.

## When is the Pea Pick ?

The date of the Pea Pick depends on when the peas are ready. And when the peas are ready depends on the weather. The peas are growing beautifully. As soon as we know the date of the pea pick we will announce it.



## Fruit Boxes Are Still Available

The first fruit arrives in early July. See our web site for more detail. There are 10 fruit deliveries, a box every other week from July through October, then one box in November and lastly, one in December. The cost is \$435. The fruit comes from certified organic farms across the country. If interested fill out the sign-up form and mail it to us with a check.

**Vermont Valley Tote** Wouldn't it be convenient to have a farm tote to transport your vegetables home? You can purchase one of these sturdy, flat bottom totes for \$20. Send a check to the farm and we will bring it to your site for you.



**A new look for the old barn.** Over the past 16 years this barn has had multiple improvements. Foundation work, new floor, new roof and multiple additions and space renovations. This spring we re-sided. We think this should be the last step in preserving her for at least another 100 years. Then we proudly hung the new sign that our son Eric designed and painted. When we bought the farm in 1994 it was a dairy barn, complete with stanchions and manure. Now it is a packing shed with four coolers and a lot of specialized vegetable washing and weighing equipment.



**Wednesday morning.** Bagging salad mix in the packing shed. Three people work at the bagging table. Ann (in the middle) is putting bags onto little chutes so Cindy and Stephanie can push the salad mix into the bags. Most bagged items you will receive are bagged in this way.