



## Stuff for Sale

Here's what we have available this week, at the Farm Stand and/or at the Saturday Wellington Market:

Salad Greens	Garlic	Tomatoes
Sprouts	Potatoes	Wild Edibles
Zucchini	Chard	Collards
Carrots	Beans	Radishes
Lamb Sausages	Pork Sausages	Pork Chops
Ground Beef	Ground Pork	Stew Beef
Ferments	Preserves	Assorted Herbs

We also have beef ribs, beef roasts, pork roasts, beef bones, beef liver, and soup chickens available – call ahead to order these for pick up (there's not enough room to stock them in the Farm Stand!!).

**Meat chickens are NOW available.** We'll have some at the market, but if you want to pick them up at the farm, please call ahead (they don't fit nicely in the fridge freezer, so we keep them hidden away in another freezer!!).

## Thank Heavens for the Rain!

We were thrilled to see rain over the past week. And not just a 20 minute light shower – but lots and lots of rain over hours at a time! What a fabulous sight!

And we have a number of new water tanks set up to collect rain water.

Didn't Lana do a great job setting them up? Now we're waiting for our new pump that will allow us to run hoses right off the tanks so that we can water the surrounding gardens with a wand – no more carrying watering cans!



## Kitchen Table Talk:

### TOMATOES and ZUCCHINI

plus BONUS: Heirloom Tomato tasting!!

**Tuesday August 30<sup>th</sup> -- 6:00pm to 7:00pm  
at the Farm Stand**

Join us for an informative presentation by Institute of Holistic Nutrition (IHN) student Lisa Ponizova, and farmer/nutritionist Lorraine Schmid.

Admission to this event is **FREE** although donations to help cover costs of food and printing are appreciated!

## Recycling Isn't Just for Waste!

*We are avid (some might say fanatical) recyclers at the farm. We can always find a potential use for things that would otherwise end up in the landfill. What we can't use, goes into our blue box program. It's gratifying to see the decrease in garbage. But recycling is not just about garbage – this week we're recycling an old article we wrote about the difference between confusing labels. So here, back by popular demand, is:*

### Local vs In-Season vs Organic: What's a Girl to do?

Eat local. Eat what's in season. Eat organic. Confused by multiple messages about what to eat and where to buy it? Let's look at the benefits of eating what's in season.

**COST:** when produce is in season, and grown locally, the relative abundance of the crop usually makes it less expensive – it's simple supply and demand! Think of the expensive packaged herbs you see in the grocery store during the winter: usually small, limp basil with (often) moldy black leaves! Contrast that with the gorgeous, bright green, crisp basil you get during the summer: twice the amount for less than half the price of you buy direct from a farmers' market!

**TASTE:** For most of us, the taste of the food we buy is every bit as important as the cost, if not more so. When food is not in season locally, it's either grown in a hothouse or shipped in from other parts of the world, and both affect the taste. Compare a dark red, vine-ripened tomato still warm from the summer sun with a winter hothouse tomato that's barely red, somewhat mealy, and lacking in flavor. When transporting crops, they must be harvested early and refrigerated so they don't rot during transportation. They may not ripen as effectively as they would in their natural environment and as a result they don't develop their full flavour.

**NUTRIENTS:** If you harvest something early so that it can endure a long distance shipping experience, it's not going to have the full complement of nutrients it might have had. In addition, transporting produce sometimes requires irradiation (zapping the produce with a burst of radiation to kill germs) and preservatives (such as wax) to protect the produce which is subsequently refrigerated during the trip. While no definitive study quantifies the impact of these treatments, there is good reason to believe that eating local is really the safer option.