

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

www.rootconnection.com

(425) 881 1006

June 8, 2011

Dear Members,

Welcome! Most of us probably feel like we've just come out of a cave – it is so good to get some sun and feel warmer! The plants love it too...

This week, we have lettuce, white asian turnips, baby bok choy, and lettuce cabbage. The turnip white bulb is really best raw- it's a kid favorite, with a mild slightly sweet flavor. The greens are very tender and easy to cook, with a mild flavor.

U-Pick items: As I mentioned previously, about half of the spring greens died – it was just too cold and very wet when we planted them the first week of April. However the chard is lush, so please pick the chard and go sparingly on the other greens (kale, collards, and mustards) so that we can all share. **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:** Lettuce can be picked. It was planted by children who were here on a field trip in early May.

**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.

**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\*

**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.

**Just a few cautions** (these were reviewed in the first newsletter you were sent) – watch your kids, do not leave valuables in an unlocked 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