



Delightful Tidbits

Karen's Garden Delights
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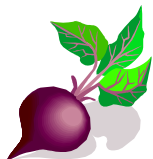
Spring 2008

Greetings from our farm! It is time again for planting and waiting for the warmth of spring to put the gardens and pastures into full action. This winter has been spent doing both reading and writing as I collaborate with a friend on writing One Forkful at a Time: Getting started with local foods. It's been encouraging gathering many stories from both farmers and consumers about their experiences with local foods. Unfortunately much of the other research I've done for the book presents a rather dismal outlook for the safety and future of our nation's food supply. This motivates us to be even more diligent in our mission to provide good food for our customers. Plus we encourage folks to grow what they can in their own backyards and to know their food sources. Anyone interested in learning some gardening skills is welcome to come work beside me this summer.

As usual, the seed catalog bug bit and there will be some new things growing this summer: red celery, pink accordion tomatoes, rutabagas and rainbow carrots. Eleven varieties of garlic are in the ground plus Reuben plans to raise four colors of watermelons.

Like everyone, we are affected by rising costs of fuel, supplies and feed. You will notice price increases for this year but hopefully choosing fresh nutritious foods is still an excellent investment in your health, the environment and the local economy.

Our Mission



To provide a local source of fresh naturally grown produce and offer services to encourage backyard gardeners.

What's Available:

Salad Mixes We love great salad! About a dozen kinds of lettuce, greens including arugula, mizuna, chervil, pea shoots, spinach and chard along with edible flowers will help make our mixes which are available mid-May till the end of June and again in the fall..

\$6 - Regular salad mix - 2-3 heads lettuce, handful of mixed greens plus toppers such as scallions, radishes, sprouts, edible flowers, carrots, etc.

\$9 - Jumbo salad bag - during peak seasons (The mixes come "field rinsed" and you do the final washing at home.)

Veggie Baskets These include meal size servings of at least 5 veggies in season (beans, cukes, zucchini, red potatoes, tomatoes, peppers, greens, snow peas, garlic and more plus fresh herbs) Available mid-June through hard frost.

\$10- Regular size veggie basket

\$15 - Family size veggie basket

Free Range eggs - \$2.25/dozen Delicious eggs from our laying hens on pasture. (Price subject to change due to feed costs.)

Herb Medley - \$5.00 for small bunches of 3-4 herbs in season plus a garlic or shallots.

Edible Flower Bag - \$3.00 Enough to decorate a special cake, dress up several salads or create gourmet appetizers.

Other seasonal goodies - rhubarb, strawberries and sweet cherries plus pastured chicken (fresh in June and August) and grass fed beef (butchering in August).

Flowers and Gift Baskets

Plenty of flowers will be growing in my gardens again this year for attracting beneficial insects, allowing our kids to pick endless bouquets plus blooms for two weddings. Some varieties I am planting are Bells of Ireland, sweet peas and bachelor buttons along with my favorite old stand-bys of zinnias, snapdragons and sunflowers.

Bouquets:

\$4 - pint size bouquet

\$7 - quart size bouquet

Check with me about bouquets for special events, church arrangements, offices, etc.

Gift Baskets \$15 and up - Give a unique gift that nourishes and blesses for a summer birthday, congratulations or special thank-you. Baskets include a premium seasonal veggie assortment (i.e. deluxe salad mix, heirloom tomato sampler with basil, or stir fry combo), a quart size bouquet and handmade pressed flower card. You may also custom order a basket that includes a special recipe, fall decoration or etc. Just give me your price range and theme ideas. These are highly seasonal so please call ahead to see what might be available for your special occasion.

Fall Decorations - I will be growing sorghum, millet and sunflowers to make fall swags and shocks that can be later fed to the birds along with gourds and Indian corn.

Botanical Cards - handmade paper cards embellished with pressed flowers \$2.50 each.

Your Trash...Our Treasure

If any of these things are cluttering your garage we will gladly "recycle" them:

- plastic green mesh pint baskets
- egg cartons
- produce baskets
- your fall leaves for great mulch & compost

Greenhouse Extras

I will have a limited amount of extra transplants available.

Tomatoes in 4" pot - \$1.25 each (when ordered by early May) - Sungold cherry, Yellow Pear, heirloom varieties: Green Zebra, Brandywine, Persimmon, Cherokee Purple, Rose, Garden Peach and more

Mixed Lettuce 6 packs - \$1.50

Plus assorted herbs, peppers, flowers, ...

Garden Seminars

I am glad to attempt to answer your garden questions or give suggestions for planting times, garden layout, etc. I also am available to speak to groups on various topics (see our website under Events for schedule and more details.) I'll be doing occasional seminars around the corner from us at Pioneer Farm along with homesteading demonstrations at Lehman's store in Kidron.



Pick Up Info

Tuesdays and Fridays after 11am are the regular times for on-farm pick-up. Please contact me a day in advance for produce availability unless you are on a weekly pick-up schedule. You can reach us by e-mail at karengarden@embarqmail.com or at 330 857-1995. Check out our farm website www.karengarden.net for my weekly garden journal and more about our farm.