



# Karen's Garden Delights

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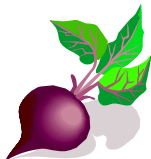
[www.KarensGarden.net](http://www.KarensGarden.net)

Spring 2009

After a long winter, we are itching to dig in the garden and begin the new season. Our winter reading and learning has focused heavily on soil building and we're looking forward to making our soil even more mineral rich and alive. When the soil is rich in nutrients, then the plants will be more resistant to insects and disease plus provide a delicious and nutrient dense product. When our food is full of minerals and vitality, then our bodies can function at full health as God intended. We're hoping to use a refractometer to monitor the Brix levels (sugar content) in our produce to get a picture of nutrient levels. Healthy soil is truly an amazing and valuable commodity and as farmers, we want to raise food free from toxic chemicals that will offer good health to our family and customers. New to our garden this season are Peacevine tomatoes, okra and Blue Hubbard squash. On the wish list for the fall is a high tunnel to extend the salad green season.

Gardening is a hot trend this year with seed companies reporting incredible growth - perhaps the only truly recession-proof business around. With this in mind, I am planning to raise several crops for seed this season. Plus I'm receiving many requests for garden planning from individuals, aspiring market gardeners and even a few folks with visions for community gardens. I am thrilled to help others get started and contribute to increasing the local food supply - one backyard at a time.

## 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! Many varieties 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, potatoes of all colors, tomatoes, peppers, greens, snow peas, garlic, melons and more) plus fresh herbs. Available June thru October.

**\$13 - Regular size veggie basket**

**\$18 - Family size veggie basket**

**Free Range eggs** - \$2.75/dozen  
Delicious eggs from our laying hens on pasture.



**Other seasonal goodies** - various fruits plus pastured chicken (fresh in June and August) and grass fed beef (butchering in fall).

## 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.



## Flowers and Gift Baskets

Local flowers are becoming quite popular and I'm expanding my planting plus working with several friends who are also growing extra flowers. Plenty of zinnias, snapdragons and fun sunflowers are in the plans along with lisianthus, Bells of Ireland and various foliage plants. I already have requests to provide flowers for three summer weddings. I look forward to sharing a bit of God's beauty through bouquets, gift baskets and other creations.

**Everyday Bouquets:** (zinnias plus fillers in a clear canning jar)

\$5 - pint size bouquet

\$8 - quart size bouquet

**Premium Bouquets:** (includes sunflowers, lisianthus and other specialty flowers)

\$12 - quart size, \$18 - half gallon, \$24 - large florist vase

**Basket Displays:** \$18 and up

**Pottery Vase Bouquet:** large bouquet in keepsake vase created by a local potter, \$45 and up

**Gift Baskets \$16 and up** - A unique gift for special occasions like Mother's Day and birthdays or a thoughtful way to say "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.



## 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. To see my summer speaking schedule see our farm website, [www.KarensGarden.net](http://www.KarensGarden.net) under Events. You can also view my weekly garden journal on the website.

## 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
- gallon and 4" nursery pots

## 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, Rose, Persimmon, Cherokee Purple, Rose, Garden Peach and more

Mixed Lettuce 6 packs - \$1.50  
Plus assorted herbs, peppers, flowers, ...

Mini seed packets - \$1

