



Karen's Garden Delights

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Spring 2017

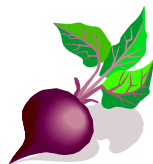
After a winter of more restful activities, it feels good to be out digging in the soil again. I am thankful for the variety that Ohio seasons offer us and the vast variety of plants that grow in our climate. Some new crops for this growing season are red sorrel, rutabagas and celeriac as well as several cover crop experiments. On the flower end, there are 30 new dahlia varieties plus asters and saponaria. Also new this year is my Instagram account (implemented by my tech savvy daughter) and you can follow at [karens_garden](https://www.instagram.com/karens_garden).

In the garden, I will be focusing on growing salad greens (spring and fall) and cut flowers in addition to keeping our family well fed with veggies. My speaking and class schedule continues to expand and there will be opportunities for folks to come visit my garden like during the June Wild Herb Walk plus I will be doing demos/classes at places like Lehmans and Wallhouse Hotel. It is a privilege to share what I am learning with others so they can get growing in their backyards.

We continue to get questions from friends and others about how our farm food might help their particular illness. It is both sad to see so many younger people facing illness and exciting to see the power of clean, nutrient dense food in restoring health. It is also a reminder to not wait till you are sick to start eating and living wisely.

Blessings for a healthy 2017 for your family!

Our Mission



To provide a source of fresh naturally grown produce and offer encouragement and hands on education to the local community.

Garden Products:

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 from April through June and again in the fall. A limited number of spaces are available for weekly pick-up, get your request in early.

\$5 - Lettuce or \$6 - Spinach - gallon bag

\$10 - Deluxe salad mix - 2-3 heads

lettuce, handful of mixed greens plus toppers such as scallions, radishes, sprouts, edible flowers, carrots, etc. in a gallon bag

\$3 - Greens for cooking or smoothies - kale, chard, arugula, mizuna, Italian dandelion

\$1.50 - Fresh herb bunch- many culinary and medicinal herb options

(All greens come "field rinsed" and you do the final washing at home.)

Free Range eggs - \$3.25/dozen Delicious eggs from hens on pasture, non-GMO feed

Grass Fed Meats -

Pastured chickens fed non-GMO feed - butchering June-October.

Grass fed beef - butchering in the fall

If you want to be on our meat e-mail list, let us know.

Pick Up Info

Pick-up times for veggies are Tuesdays and Fridays after 12 noon. If you are not on a weekly schedule, please contact me a day in advance for product availability.

Flowers from the Garden

Flowers mixed among the vegetable rows are great for attracting beneficial insects and pollinators and are a fragrant reminder of God's love for beauty. I'll have plenty of zinnias, snapdragons, sunflowers, Bells of Ireland, larkspur, dahlias, lisianthus and several types of foliage to create colorful bouquets. When you need flowers for a wedding, banquet, funeral or other occasion, think LOCAL during the growing season. It's hard to beat that "fresh from the garden" look.

We already have a number of weddings scheduled for 2017 and we offer flowers by the bucket or arranging services. The downside of growing flowers for weddings is that there are frequently leftover flowers that don't fit the color palette for that week. Rather than just deadheading, I am offering "bargain buckets" of my unloved colors for you to have fun arranging for flowers around your home, to take on nursing home visits, etc. **\$10 for a bargain bucket of flowers/greens, \$15 for a large one.**



Our youngest boys are planning to expand their dahlia and flower patch. They would be thrilled to provide you with bouquets - **\$4/pint, \$6/quart, \$12/florist vase.** Your purchase will support two aspiring garden entrepreneurs.

Flowers by the Bucket - 24-30 stems of summer wildflowers in your color scheme - \$20/bucket, Greenery - \$12/bucket.

Wedding Arrangements - Contact me for a price list and worksheet.

Edible Flower Combo: \$5 for a generous mix of nasturtiums, calendula, borage, violas and more in season. They really dress up party food!

Botanical Cards - handmade paper cards embellished with pressed flowers \$2.50 small, \$3.50 large. Available at Shady View Pantry and Local Roots Market.

Plants and More

***Tomato Plants in 4" pot** - \$1.50 each - Sungold cherry, New Girl, heirloom varieties: Stupice, Brandywine, Amish Paste, Roma, Persimmon, Cherokee Purple and more. Available after May 15.

***Lettuce or Greens** - \$1.00/pack

***Cut Flower Starts** - \$1.50/pack, lisianthus, eucalyptus and more.

***Dahlia tubers** - \$2.50/each, many colors

***Herb and Perennial plants** - Starting at \$1.50/pot. Mints, echinacea, comfrey & more.

***Mini seed packets** - \$1.25 - from my saved seed and from seeds I purchase in quantity

***Snow Peach trees** - \$5 - in gallon pots

*** Gardening Year Round** - \$6 This is my new 40 page gardening booklet that gives my planting schedule, favorite varieties and a list of resources so you can start eating year round from your backyard.



Your Trash...Our Treasure

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

- egg cartons
- 4" greenhouse pots and trays
- gallon size greenhouse pots
- vases and unique jars