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or Lattin Farms

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Reminders for the Week

- Please sign the clipboard each week.
- Please pick up your basket in a timely manner.
- Please bring a container in which to take your produce home. If you take a box, please return it on your next pick-up.
- Each site has a volunteer that can help with any concerns or questions you may have.
- Current pick-up schedule can be found on the CSA website.
- All newsletters can be found on the CSA website.

Life on



VOLUME 2, ISSUE 5

WEEK 3, TUES, AUG 11

What's in your Basket

All items are grown on Lattin Farms, a certified organic farm, except for the produce marked with an asterisk (*).

- **Sarah's Choice Cantaloupe**
- **Yellow Buttercup Seedless Watermelon**
- **Summer Squash**
- **2 lb. Bobcat Tomatoes**
- **Japanese and Globe Eggplant**
- **Islander, Jalapeno, Green Bell Peppers**
- **Slicing Cucumbers**
- **Cippolini Onions* (Pioneer Farm)**
- **Parsley* (Mewaldt Organics)**
- **Sweet Corn* (Snyder Farms) The corn in your basket was grown using organic principles meaning the corn may still contain worms.**

Please refrigerate all produce as soon as possible.

Down on the Farm Notes

It is fun to work on a farm because there is always something new to try in fruits and veggies. Because of our growing season, we are able to grow several varieties of each item.

Many people know Fallon for our Heart of Gold Cantaloupe. In fact, during the **Labor Day Weekend, September 5-7th**, we will be having our **Cantaloupe Festival**. It is a celebration dedicated to all things cantaloupe. It's main attraction is our Hearts of Gold cantaloupe. But that is just the tip of the iceberg.

We actually grow several varieties of melons. In the cantaloupe/honeydew melons alone we have around 10 varieties. Watermelon? We have 6 varieties. We try to have a different taste for all of our customers.

Why stop at the melons? We grow peppers, eggplant, summer squash, cucumbers, and tomatoes. Of these, we grow several different varieties of each. We love to try the different varieties, many of which are not found in the local grocery store.

In my years here, I have learned to try the new vegetables and fruits. Many times I am surprised when I challenge the preconceived notions. Before working here I have thought a tomato is a tomato. I now have a favorite cherry tomato (the Sun Gold). My favorite cantaloupe is not the Heart of Gold, but the Sarah's Choice. I never thought I liked honeydew until I tried our Yellow Canary.

If you find that there is something that you are not quite sure of, just give it a try. Sometimes, testing our boundaries brings us greater satisfaction. With that being said, you will have some great produce this week. Including our new Yellow Buttercup Seedless Watermelon. Don't worry about the color, it tastes delicious.

We hope that you too enjoy the different tastes of the basket. It really is a rainbow of produce each variety having its own taste and look. Be adventurous this week and try something new.

Our Maze

When's the last time you've looked at our Online Produce Market? We have updated it with a lot of our produce that is available to you. If you would like extra produce, check out our store. There is only a \$3 delivery and handling fee. Go to www.lattinfarms.com for more info.