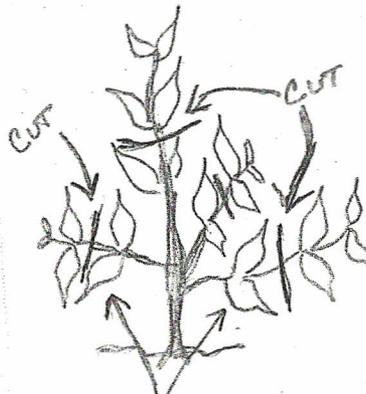


425 881 1006 July 3, 2013

Yes, it's really true! There are 3 "Hoop houses" of basil, located near the chicken coop. Only the first house is open now with a U-Pick sign on it. We alternate between the houses through the summer so we always have some basil available. There is Italian, Thai, Lemon and Cinnamon.

See picking instructions below:



QUANTITIES: Please limit to 5 cups at any one picking *(PER SHARE). This is plenty for 2 big batches of pesto)

On the specialty varieties, (such as Thai), pick only for fresh use as there is not as much of those)

If you are sharing your share, that means picking only half that amount in any week.

If you are alternating weeks, that means picking only on the weeks you have a share

Don't cut the plant off!!! These plants will continue to grow and produce throughout the season if picked properly. Take care not to pull on plants which dislodges the roots. Pinch or cut with scissors.

HERBS are powerhouses of nutrients and anti-oxidants. Our herb garden is going largely un-picked. Make a **SUPER SALAD** by including Nasturtium leaves and flowers, and any leaves cut up small like Anise Hyssop, Mint, Lemon Balm, etc. Calendula blossoms (the bright orange flowers) look beautiful sprinkled on top of a salad (pull the petal out). Chive blossom petals taste like a sweet chive. Dill has incredible nutritional properties. Members asked for Summer Savory and begged for Lemon Verbena. We have them, but not many are using them. Purslane is a treasure trove of Omega 3, and are a unique juicy flavor to add the leaves to salads. Be creative and wow your guests! Explore the herb garden. Power up your iced tea. Make your body happy. To find out more about a herb, go online and search "(name of herb) nutritional benefits"

Announcements: Weekend produce pickup – Sunday is not a scheduled pickup day. Produce for the Fri/Sat group is picked on Friday mornings. As a courtesy, we do leave bags behind the store after hours on all days, and if there are any left after Saturday night we keep them there on Sunday for folks who went out of town and just couldn't get here before they left. But we plan that is only a few members. The food bank picks up all leftover produce from the weekly distributions on Sunday afternoon, so when the bags are gone, there is no more.

Suggestions: if you are going to be gone over the weekend, pick up your produce on Friday. If you can't do that, give us a call and let us know that you would like to pick up on Wed/Thurs that week. Then you can come Thurs nite if you need to and clean and package your produce so it will be fresh and ready for you when you get home.

More later,