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July 9th 2014 Dear Members

Drop sites: call or email in your herb requests! (this was in your newsletter week before last) I have only 6 people on the list. Waiting for more before I start sending them. Good time to come and visit the farm too!

Flowers – Zinnias are in full bloom now. And **cosmos** starting. Others will follow. Remember to leave the next sprouts on the stem – make your cut before rather than below – we'll get a lot more blooms that way.

Dahlias also have a few blooms on them so expect they'll be going strong by next week. (they are over along the other driveway past the parsley patch) Other types of flowers will follow soon.

How much to pick? "a nice bouquet a week" is what is advertised. This means about 10 stems total, not for each kind of flower. That is also **per week, per membership**. Once all of them get going, we'll raise the limit. Our u-pick flowers are meant for our member's personal use, not for weddings, relatives, etc.

Scarlet Kale is back! Please, 10 leaves only per week per membership. The green kale is recovering and we are ministering to it – water, foliar spray, and a 2nd application of soap and water sprayed on the leaves to hopefully kill the aphids. It looks like it is working as well as possible. So a few more weeks and we should have lots of kale again.

When do we plant the fall u-pick greens? Keegan will be in the greenhouse this week despite the heat, starting to seed many, many flats of kale, mustards, collards. We have to plant them in the field the third and fourth week of July for them to get big enough for lots of pickable leaves starting in early Sept. Tricky getting those cool-weather loving seedlings to survive planting them in what is usually the hottest part of the summer.

In the bags: Fennel! Yum – is wonderful grilled, sautéed with summer squash and onions, herbs mixed in like thyme, basil, etc. Or just shave it up raw in salads (try shredded fennel and turnips!) **Carrots** are back as we are picking our first field crop after the ones that we started early in the hoop houses.

Summer squash is in full production. May be too many for some folks. Don't worry – if you aren't ready to fire up the oven and bake lots of zucchini bread just yet, just take what you want for fresh eating. We waste hardly any produce, it goes to the food banks and gets distributed through Farms for Life.

Farms for Life charity was started by Root Connection members and now has 5 local farms involved. Just this past week, we distributed nearly a ton of fresh local produce (FREE!) to 13 agencies that serve people in need, and farmers got paid a stipend for the produce which helps support our local farms.

You can find out more about this great grass-roots charity at farms4life.org, or inquire at the Root Connection. In addition to direct donations, you can support by putting money in the collection jar at the front desk, donate (at no cost to you!) through **Amazon Smile, Fred Meyer, and the PCC Scrip card programs** (instructions for those are at the front desk). FFL is also registered with **Microsoft Gift Match!** Can't give a lot? Don't worry, small amounts add up. FFL can provide vegetables for a child's meal for **just 30 cents!**

More later-