

CSA members get additional 10% off at our markets!

2016 CSA

Summer August 27th

Planet Earth Diversified

- **Green Beans**
- **Bell Peppers**
- **Roasting Peppers**
- **Baby Arugula Box**
- **Tomatoes**
- **Potatoes**
- **Okra**
- **Eggplant**
- **Squash**
- **Gourmet Cucumber**

Care and protection are reflected in the flavor and healthy benefits of what some have called “medicinal quality” products. This mindfulness is also



An aerial view of the tables of greens and herbs grown year ‘round, with Mike on top, where this week’s baby arugula is grown.

revealed in the distinctive methods used to tend the soil, via compost, some no-till, and an ecologically based focus all the way down to microscopic levels. Michael picked up some



Above: Mark Jones at his Sharondale farm and Mike talk fungi; at right, photo example of edible stropharia courtesy of Sharondale.



spawn to set spores in his compost, courtesy of Sharondale farm’s Mark Jones. They have long enjoyed sharing insights about permaculture and biology. Both also explore the habitat and relationships of microbial action in their climates. The spawn to seed the compost was the “garden ally”

stropharia rugoso-annulata which according to Mark’s website “attracts earthworms, captures phosphorus in the soil, and eats coliform bacteria”. The journey began for this strain at another friend’s farm: Ted’s Last Stand. They are just one aisle over from us at the Saturday market in Charlottesville.

This week’s tender baby arugula is an all time favorite for many. The flavor does not have the big spicy bite of adult arugula, but rather a sweet nuttiness. We hope you enjoy! 😊

