

Happy Earth Day, everyday!

2017 CSA

Spring

April 22nd

Planet Earth Diversified

- **Baby Tatsoi**
- **Tomatoes**
- **Field Mix**
- **Field Arugula**
- **Dill**
- **Chard Bunch**
- **Pea Shoots**
- **Micro Beets**
- **Turmeric ***
- **Ginger ***

*will select pieces from display to avoid over-refrigeration

Most of you are familiar with our growing practices, compost making, certifications, awards, water and oil recycling, wetland reclamation, etc.

Most of you know that we will take

back the packaging and cartons we use, that we switched to biodegradable straws at our markets. But did you know that we also recycle medium that has been used to grow mushrooms, thus inoculating our compost with helpful microbiological activity for creating nutrition at the root system? Did you know that our farm birds help in this cycle, eating up surplus greens and cuttings, also providing building blocks for nutrient rich soil that has been properly composted? This cycle is documented and inspected for our Good Agricultural Practices certification. Such attention to detail shines thru in the flavor and aroma. Recycling also won Michael an award in local farming for innovation in technology: before the water goes out to the water heater, it is piped in parallel to a heat exchange coil that is part of the refrigeration of our walk-in cooler, thus it gains heat, reducing the energy load on the water heater and by removing that heat from the refrigeration coil, reduces the demand

for cooling. Heat from the refrigeration unit is recycled into hot water demands. A few ideas for easily helping the earth that don't require a lot of effort: travel with your own containers for leftovers; carpool/walk/bike, etc.; your own metal or paper straws; and check out reusable utensel sets to avoid plasticware. Carry your own water bottle. Stash a few of the compact, foldable shopping bags that can be machine washed to avoid plastic bags. Air dry laundry on a clothes line or drying rack. Just practical ideas! What are your suggestions? We'd love to know! Thanks for conserving petroleum and buying your food locally ;)

