



## **Quarry Farm Veggie Box Newsletter #5 July 12**

**Mark your calendars for September 7 when Quarry Farm will host a farm-to table dinner in support of the Root Produce Centre. More details to come shortly.**

**This week's box:** Arugula, Broccoli, Beans, Beets, Chard, Italian Spinach, Kale, Lettuce, Parsley, Peas, Potatoes, Radishes, Zucchini

A few bits of organizing to discuss with you. We often have extra food after the boxes are all packed, and we offer it for sale to members. You will find it in the fridge in the packing shed and there is a note on the door with the prices. The fridge is cleared on Tuesday morning. Whatever is left is delivered to the food bank.

If you don't want your box because of holiday or travel and you don't have an alternate to pick it up, we will put the contents in the fridge for sale and what does not sell will go to the food bank.

Please return your ELASTICS. We need them. Just leave them in the box you are returning.

This week we will have tomatoes, cucumbers and strawberries but not enough to fill all the boxes. We will leave them on the shelf. Please take one of the three. The earlier you come, the more choice you will have.



Quarry Farm is hosting a sumptuous farm-to-table dinner in support of the Root Produce Centre on September 7 from 5:30-8:30. The Root will be a great asset to the farm community helping to store and redirect produce to obtain its maximum use and providing opportunities for value-added processing. Come enjoy the food we grow prepared by an island chef.

This week – meet Julia Grace. That's me. I am the ghost writer for Quarry Farm. Each week I meet with the team, write the weekly newsletter and attempt to mount it on the website. I'm getting better at that part every week. I am a retired farmer and old friend of Daria Zovi.

Back in 1993, I began a box program like this one on my farm on Beddis Road. Daria worked for me in the gardens. Some years later, my partner and I established Moonstruck Organic Cheese. We kept a small herd of Jersey cows and made lovely cheese. Daria sold for me in the market. Quarry Farm gives me a little hit of farm life every week. Daria and I take a tour of the gardens and discuss how to deal with the crops. I am very impressed with the depth and complexity of the Veggie Box program.

By the way, if any of you still have kohlrabi lurking in your refrigerator, let me recommend a dish that Daria made for lunch today. It was a simple stir fry with fresh broccoli leaves, garlic scapes, and kohlrabi that had been peeled and sliced all tossed together with turmeric. It was all good, but the kohlrabi slices were particularly delicious.

Next week – Volunteers, past and present.