



Wildberry Organics
 45245 NW Wildberry Lane
 Forest Grove, OR 97116
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This Week's Harvest

- ❖ Swiss Chard
- ❖ Turnips
- ❖ Collards
- ❖ Kohlrabi
- ❖ Gourmet Salad Greens with edible pea pods and broccoli shoots

June 3, 2008
Week 5 of 24

Wildberry Organics: It was International Week!

If you were fortunate enough to be around the garden this week, your ears would have been treated to some different sounds. Thanks to **T.J.**, one of our dedicated student volunteers, **Melanie & Joe** from Australia and **Renaud** from France lent experienced helping hands with the garden chores. Turned out that Joe also speaks fluent French. It was really fun to hear softly spoken phrases in French answered in French with that trademark Aussie accent wafting across the tops of our veggies. All three of these great young people were on USA farm tour programs. What treat for us that they chose to stop by

Wildberry Organics. We hope to see them again sometime and wish them peace and learning on their travels. Thanks, T.J., for sharing you friends with us!

Other special thanks go to Luís, who is pursuing studies in organic farming techniques. He's here many days, pitching in with everything from chicken coop construction (is that C³?) to dedicated hand weeding of tender new veggie patches. And, Madeline was a trooper with helping to get the greens ready for Market. Thank you, all!

What's happening at Wildberry Organics

With the gloomy skies, the cool weather crops are thriving. Broccoli is setting nice sized heads and will be ready in a couple of weeks. Edible pea pods need another week although we managed to put a few in this week's Gourmet Salad Mix along with a few errant broccoli shoots. The green cabbage is forming nice, firm heads and many kinds of lettuce are thriving in the shade of those gigantic leaves.

The tomatoes have grown several inches in just a week. Many summer veggies are transplanted and all are doing well. Greg said that the number of squash varieties we'll have this year is going to be legendary in years to come.

Greg's '08 melon crop is in Phase 2. The beds are all fertilized with **Wildberry Organics Wonder Dust** and the drip irrigation is installed, tested, and ready to go. The second of the 3 successive plantings is planned for this week. Mid-July is the target date for that first harvest of those super-sweet taste treats.

Wildberry Organics: To Your Health News Reference

There was an interesting article on NPR this past week. A farming experiment at the University of California, Davis, has found that organically grown tomatoes are richer in certain kinds of flavonoids than conventionally grown tomatoes. To read all about it go to:

<http://www.npr.org/templates/story/story.php?storyId=90914182>

Kohlrabi

Kohlrabi packs a nutritional punch. According to Wikipedia, every 3.5 ounces of raw kohlrabi clocks in at a mere 30 calories but offers:

- 6.2g Carbohydrates
- 2.6g Sugars
- 3.6g Dietary fiber
- 0.1g Fat
- 1.7g Protein
- 91g Water
- 62mg Vitamin C = 103%

See more at

<http://en.wikipedia.org/wiki/Kohlrabi>

Use this initial harvest of one bulb as an introduction to this versatile vegetable. After you remove the leaves and peel it, the tender and sweet kohlrabi bulb can be:

- ❖ julienne striped and added to a stir fry
- ❖ sliced and used in a veggie dip tray
- ❖ grated and added to a salad,
- ❖ sliced, gently boiled until tender and served with butter, salt, and pepper
- ❖ sliced or julienned and sautéed in olive oil with a little garlic

Where to see Wildberry Organics

We love seeing all of you at the **Forest Grove Farmers' Market** on **Main Street** every **Wednesday, 4:00 PM – 8:00 PM**. Be sure to stop by and say Hi!

We are really looking forward to our debut season at the **Tillamook Farmers' Market**, starting **Saturday, June 14, 2008, 9AM-2PM**.. Hope you can visit us there, too.

Join Us! Be a Wildberry Organics CSA Member

Membership for the remainder of the season for a 1-2 Adult Membership is only \$300.00. 3-4 Adults is \$600.00. A wide variety of ever-changing, organically grown vegetables is included.