



FILASKY'S PRODUCE

CSA NEWSLETTER

What you are getting this week, tips on how to use it and what is going on around the farm!

What you get:

*Filasky Asparagus *Kreiders Tomatoes *Local Spring Onions *Local Beets
*Local Radishes *Yukon Gold Potatoes *Cremini Mushrooms *Southern Blueberries

What to do with it (this is where we'll give you our tips to keeping the goodies fresh and eating like they were just picked):

Please don't refrigerate the tomatoes!! The potatoes which need a cool dark place, but not the refrigerator. Potatoes turn green in the sunlight which triggers the production of chlorophyll and produce solanine which is a natural toxin! Small amounts are harmless, but No eating raw green potatoes!! All other produce should be kept refrigerated till ready to use.

What's happening (this is where we will lament about the amount of rain (too much or too little) and tell you what we have been up to):

We have been busy in the asparagus gym! Cutting asparagus is quite a workout! Every spear is hand harvested every day by Johnny and I! Johnny has lots of sweet corn planted at the home farm and over at Winklers. Check out the rows of green when you leave. He's also busy planting all varieties of squashes and cucumbers. He is also in the middle of hand planting 10,000 more strawberry plants for next season. Our strawberries for this season are growing..lots of blossoms out there!

We have a Pinterest page: Filasky's Produce CSA, that you can follow where I stash lots of great recipes to try depending on what is in your box that week. Enjoy your asparagus and we will let you know when the strawberry pickup will be!