

Fresh Picks Newsletter

We hope everyone enjoyed their first shares of the season! We received many emails, texts, and social media posts from members sharing their excitement over their produce and pictures of how they prepared their veggies. Please keep these posts and messages coming—we love to share how our members use their produce! General consensus after week 1 is that the sugar snap peas and garlic scapes were quite popular! While we do not have more garlic scapes to include in your shares, we will be including sugar snap peas this week.

We'd like to send a big thank you to all of our members, Buffalo and Rochester site coordinators, and crew who helped ensure we had smooth pickups for week 1! It truly takes a community to pull this off, and we are grateful we have the best community around!

Farm News

Like every other farmer in WNY, we are obsessively checking the weather reports hoping for a chance of rain! It sprinkled at the farm on Wednesday, barely settling the dust in the fields. The weather report for tonight is calling for a soaking rain to start around 1am. We've got our fingers crossed!

This week a large portion of our time was spent working on irrigating our crops. We have drip irrigation started in our onions and have been moving our overhead rain reel (pictured above) between our winter squash, zucchini, yellow squash, lettuces, and broccoli. It's hard to get other jobs done around the farm when so much of our time is dedicated to watering!

Colorado Potato Beetles

This week we spotted the dreaded Colorado potato beetle in our eggplant. This pest, which feeds primarily on potatoes, eggplant, tomatoes, and peppers, can completely defoliate plants. Both the adults and larva feed on the leaves and it is very tricky to control the pest organically. We have noticed that the beetles prefer eggplant over our tomatoes and peppers so we are concentrating our efforts on manually knocking the larvae and adults from the eggplants into a bucket of soapy water. While we know we cannot catch all of the beetles, it is better than nothing!



Colorado potato beetle larvae on eggplant.



In the Bag

- Bunched Beets
- Minuet Chinese Cabbage
- Sugar Snap Peas
- Green Onions
- Assorted Lettuces

*Coming soon: zucchini and yellow squash!





Chef's Corner

This week Brad and Becky will have Porter's Beef and Baby Napa Stir Fry to sample! The recipe they will be using is linked below and will also be posted on our website.

Reminder: Small shares are in green bags and large shares are in white bags.

Farm Store

Stop in and check out our Farm Store! It is stocked with our produce, local goods, meals and baked goods prepared by the fabulous Brad and Becky, our all-natural ground beef, and other products.

The farm store will be open:

Thursdays: 9-5

Fridays: 9-5

Saturdays: 9-12