

Members,

It is with great pleasure and excitement that we begin our first delivery of the season. Mother Nature has provided the sunshine and rain and we are delivering some of the seasons best produce.

Our first delivery brings the bounty of the Spring; **Bok Choy, Cilantro, Beet Greens, Spring Onions, Kale, Turnips, Radishes, Spinach and Lettuce**. The radishes are extraordinarily vibrant in color this year and only slightly spicy, just the way we like them. We are growing a speciality turnip this year, you will find them very tender and delicious even raw. The bok choy are at their absolute peak this week and are perfect for the skillet, grill, or coleslaw. The Spring Onions are very mild and make great additions to any salad or grill them whole with a bit of olive oil salt. Lettuce mix and Spinach are, as always, delivered in bulk and are available at your drop site self serve from the bushel baskets. Don't forget to wash your greens!

CSA membership is an adventure in cooking with the season. These vegetables were seeded in our greenhouse as early as St. Patrick's Day, transplanted at the right moment and cultivated until the point of harvest. Every one of the vegetables we deliver is grown in season for its flavor and nutritional value. Our system of sustainable farming works in cooperation with the land and seasons to deliver you the highest quality produce on the market.

We have developed a glossary, recipe and cooking technique index on the [recipe page](#) of the web site. These are suggestions and guidelines to help you get in the swing of cooking and preparing farm fresh produce. These will be updated weekly. GET COOKING!

Cooking, experimenting, sharing ideas and being a bit adventurous with your food and ingredients will yield the best results. When you start with amazing farm fresh produce, grown for flavor, it only takes a few minutes and a bit of planning to create simple and delicious meals right from the share box.

Our farm does not have a work requirement, however, we ask each and everyone of you to email us a recipe, tip and photo that we can post on the recipe page at least twice during the season. We have created a very simple platform for our members to share ideas, tips, photos and advice on what everyone is doing with their share, comments are encouraged. Remember we are a community of friends and foodies. thebistrofarm@gmail.com

Your vegetable shares are available for pick up at the drop sites from 4pm-7pm on the Thursday of delivery only. This Thursday, June 23rd is the first delivery!

Each and every one of you has committed to taking the next step towards local, sustainable, and organic agriculture. We are extremely grateful for the opportunity to feed, nourish and enhance the lives of our membership and the members of our community. With an eye to the future, an open mind, and a taste for change, we can all make a difference. It is an honor to serve you all the fruits of our labor.

A special thanks to Dana and her family for opening their hearts and their home to us, and all of our friends and family, whose endless support has made this entire experience possible.

Happy First Delivery!

Sincerely,

The Bistro Farm