

Freedom Organix

Harvard, Illinois

Fresh ~ Local ~ Natural

September 23, 2010

Dear Freedom Organix Members:

At the risk of sounding preachy, I want to write about something that is not so much about the farm as it is with our relationship with food, the value we place on it, and the work that goes into it. Over the past several weeks I have noticed that many more people are not picking up their boxes. This is not new this year. It seems that every year when school starts families have less time---less time to make one extra stop to pick up their vegetables and less time to include cooking them into wholesome meals for their families. I understand this. I also understand that you have all paid for your vegetables in advance and it is up to you what you choose do with them, leaving them to 'compost' on someone elses porch included. But I ask you this: in this time of economic hardship, with food being a necessity for all of us, could you please consider asking me to donate your box on your behalf to a food pantry? You will be providing high quality, fresh, healthy food to someone that may not otherwise have a way to buy it. And finally, that brings me to that last point about the amount of work that goes into producing high quality food on a small scale. Suffice it to say that it can be back breaking. So when a site host calls to say boxes are left, it simply breaks my heart that all of our hard work is wasted and unappreciated. Other CSA farms counter this casual form of waste by requiring their members to work on the farm at least 8 hours in a season. It's one way to meet their members and also for members to connect to what it takes to simply grow food in an age where in the U.S. only 1.5% of people are engaged in growing food for everyone else. Just my thoughts...

In your boxes this week:

Tomatoes – 3/4 lbs

Zucchini – 1 ½ lbs.

Cucumbers 1 ea.

Red Oak Leaf Lettuce ½ lb.

Hakurei Turnips – 2.lbs. *

Sugar Baby Watermelon 1 ea,

French Fingerling Potatoes – 2 lbs.*

Dill - 1 bunch

Mystery – could be extra of anything...enjoy!

*New this week

Thanks again to all of you for bringing back your boxes for reuse. I really appreciate it, and it helps hold down the cost of memberships.

We are still have a few Pork CSA shares available and are accepting reservations for grass fed beef to be delivered in Oct/Nov. Please call or e-mail for more information.

Best regards,

Cindy Nawiesniak

www.freedomorganix.com

Know your food, know your farmer.