



Happy Saturday, Farm Friends!



The first Rose of Sharon bloom of the season! This was a lovely "Welcome Home!" greeting for Ray on Monday!

Things have been a blur around the farm for the past nine days. We are so confused about dates and time! But I guess that is normal given what we are going through.

Ray's Coronary Artery Bypass Graft (CABG) surgery last Thursday (5/29) went very well. Dr. Bret Borchelt and his team at Novant have been amazing and have provided excellent care for us both.

The procedure was extensive and long, but Ray came out of it with a much better prognosis. He did extremely well after surgery and moved from Cardiovascular Intensive Care to the Cardiac Intermediate Care Unit on Saturday -- he would have gone Friday but it was too late in the day to make the move.



In the stepdown unit, one of the goals is to get patients up and walking. And boy, did Ray ever rise to the challenge! On Sunday, he did 32 laps around the unit -- the goal for discharge is 10!



Ray was discharged on Monday and probably jumped back into farm stress a bit too quickly. He's not working, but it's hard to walk slowly on this farm. So, a bit of a setback said, "slow down, Ray." He's very tired but he has his breathing and exercise program laid out for the long recovery. And he's in close contact with his healthcare team.



And spending relaxing time outside is a true balm for the soul (and heart!).



BTW, the heart pillow is part of the therapy for open heart surgery patients. It is good to hold when coughing, when getting up from a chair or when in a car (seatbelt and airbag protection).

We are so grateful for all of your messages, prayers, and love. We feel them and know they will make a big difference in Ray's healing journey. Thank you!

And the Show is Going On! Sorta...

While we aren't at full-tilt Summer mode around here, things are still happening thanks to Jonny along with friends and family.

The sweet potato slips came in and thanks to Maggie's sorting speed, Jonny got them all planted! Although it wasn't how we originally envisioned (we didn't use the Holland transplanter), planting into super wet soil worked very well.



The Potato Field!

Our potatoes in Ruth's Field are looking fabulous. They are growing like crazy, and some varieties are starting to bloom. Ray's efforts to cultivate the field weekly have paid off. Jonny, along with some help from Emma and Celina, got the field weeded this week to keep the crop weed-free. Yay!



TOMATOES!!

Our tomato crop is really starting to come in! We harvested over 200 pounds this week! A huge thank you goes to Tiffany and Maggie for making the harvest happen! That's a lot of tomatoes!



And also in the category of "Help from Friends and Family," this week was the time to make hay -- there was a nice dry window from Sunday to Thursday. Cheryl's cousin, Maurice, got it all mowed by Wednesday but unfortunately Thursday was threatening rain and storms.

On Friday, we were able to get the round bales done and we'll get the square bales during another dry spell. Making hay is so nerve-wracking!

On-Farm Market Update

While we won't be at Cobblestone for the next couple of months, we will be hosting some Pop-Up Markets here at the farm. Right now we are tentatively planning one here for next Saturday (June 14).

We'll have lots of those gorgeous tomatoes, along with squash, garlic scapes, Elephant Garlic Flowers and more! And check out these beautiful Carmen Sweet Italian Roasting Peppers! We'll have those too!



We'll be sending out an update next Friday with more details.

That's all we've got for you this week, friends! Take good care and make sure you tell those you love how much they mean to you!

Until next week,
Cheryl & Ray

