

Such an awesome line-up for this week's Pop-Up Farm Market! 5 varieties of freshly dug Potatoes, tons of Tomatoes, Fresh Garlic, Sweet Peppers, Eggplant, Sweet Corn, Blueberries and MORE. Hours are 9-11 here at the Farm. Details below.



Happy Friday, Farm Friends!



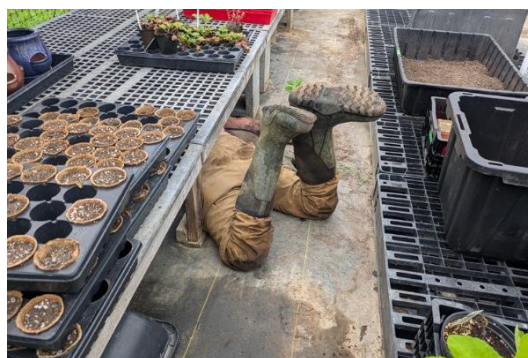
Our coneflowers are quite popular with butterflies and other pollinators. This swallowtail was trapped in the pavilion, so Cheryl scooped it up and set it on a flower for some rest and sustenance. It perched there for several minutes with wings folded but it finally spread its wings to show off its beautiful color. It continued to sit there for several more minutes. These encounters with Nature are so meaningful and precious. It felt like a gift to experience this.

Fall Greenhouse Prep

It's hard to believe but it is time to seed fall crops for our Plant Sale (9/5-9/6)! But before we get started, we needed to clear out all the weeds in the greenhouse and clear out the random dead plants.

It was a mess! Weeds were growing up through the benches and there was a carpet of

green along the sides -- not good. But Jonny and Ray came to the rescue! While Ray sorted the viable from the past-its-prime, Jonny belly-crawled under the benches to evict the weeds. Thank you, Jonny!



Clearing the Tunnel

It's not just the greenhouse getting all spic and span. Jonny also got our high tunnel, Ajo, cleared and prepped for planting a late season crop of cucumbers and squash.

This tunnel was filled with marigolds and volunteer tomatoes (last year's crop is this year's weed). We kept a bed of marigolds to attract beneficials but the rest of it got cleared for seeding. What a transformation!

However, in this process we did learn that marigolds, in large quantities, can cause skin

irritation! There really is a thing known as [marigold allergy](#). Jonny is allergic to several things (primarily stinging insects) but now we know that he is also allergic to marigold plants. Some folks are allergic to marigold pollen and some have contact allergies. Jonny is in the second camp. He developed a stinging sensation on his arms which was alleviated by thorough washing and an antihistamine spray. The best advice is that if you are pulling out weeds -- or marigolds -- wear a long-sleeve shirt to protect your skin.



Before



After

Another Great On-Farm Market Planned!

Join us this **Saturday, July 19 from 9-11**. We'll be set up at the **Tobacco Barn** and we'll have LOTS of delicious Organic produce for you! Plus, we'll have some goodies from our neighbors at Felsbeck Farm.

The **Potato Bar** is back again this week. We've got FIVE varieties of potatoes for you: Natasha (yellow skin and flesh -- limited quantity), Sangre (red skin with white flesh), Plum Gold (dark purple with yellow flesh), Gold Rush (russet type with dry white flesh), and Soraya (yellow skin with yellow flesh). You're bound to find a potato of your pleasin' in our selection!



We still have lots of **Organic Slicer Tomatoes**. We currently have a sale on all tomatoes -- less than 5 pounds is \$3.75/lb. and more than 5 pounds is \$3.25/lb. Enjoy some now

and freeze or can some for your winter soups and sauces. Time to stock up!



And we have lots of **Sweet Italian Peppers** along with **Jimmy Nardello Sweet Italian Frying Peppers**, **Shishitos** and **Pimento Peppers**.



Maggie and Suzi have been pepper pickin' partners this week, for sure! These two ladies have been a godsend for us this summer! They've handled tomato and pepper harvests for 2 months.

We'll also have more delicious **Eggplant** and lots of recipes to help you showcase this beautiful and versatile veggie. Don't forget the **Bulb Garlic**, **Okra** (just a bit), **Bunching Onions** and **Fire Roasted Green Chile and Poblanos**.

Felsbeck Farm will also be bringing their delicious **Sweet Corn** and **Blueberries** to the market. The corn's so good you can eat it raw! We have worked with J over the years, and he and Connee live just down the road from us on YMCA Camp Road. While they are not Organic, they use sustainable practices, and we feel good about how they

grow.



That's all the news for this week, friends! Here's a fun thing to do on Saturday. [The Shalom Project](#) is a local nonprofit that provides medical services, a food pantry and clothing closet for folks in need. Their big fundraiser is [The Big Chill](#), which will be held at Konnoak Hills United Methodist Church (Location change) on Saturday from 3-6. Here's your chance to eat lots of ice cream -- and it's for a good cause!



Have a great weekend!

Until next week,
Cheryl & Ray

