

# Common Roots Farm

CSA share #18: week of October 7, 2019

Only two more week? It's Week #18 of our CSA venture to bring healthy food and beautiful flowers into your home! We hope you are still enjoying our first season of providing you with fresh, nutritionally dense produce and our beautiful, organically grown flowers. As always, if you have comments for us, please let us hear from you at [CSA@commonrootsfarm.org](mailto:CSA@commonrootsfarm.org).



Today's farmer of the week is Christine. Christine found us when she came with her son, who has autism, to party at the farm hosted by Santa Cruz Supported Living. She came back and has been volunteering with us all season. Christine says coming to the farm is good for her spirit. When asked to name her favorite task, she replied, she loves that she gets to do so *many* things and learn about different plants and produce.. harvesting tomatoes, raspberries, chicken feeding, washing eggs (it's more complicated than you think), making bouquets, cutting flowers, strawberries, seeding. Christine is always willing to jump in wherever she is needed. Consequently, she has become experienced at so many of our farm tasks.

This week's CSA share includes a head of Butter Lettuce, microgreens freshly harvested from our hydroponic greenhouse, a pint of strawberries, a quart of mixed tomatoes, a carmen sweet pepper, some sweet lunchbox peppers, and something new this week, acorn squash and delicata squash. A reminder that this week, there will not be flowers in your CSA share. Our florists are busy preparing for a wedding. We hope you enjoy your share of Common Roots Farm! Please offer any feedback or questions to us at:

[CSA@commonrootsfarm.org](mailto:CSA@commonrootsfarm.org)

Thank you!