

Common Roots Farm

CSA share #5: week of July 8, 2019

Here we are at Week #5 of our venture to bring healthy food and beautiful flowers into your home! As you have heard us say by now, our farmers are people of all abilities who come together on our farm to grow for you and break down the barriers that too often exist between people with intellectual/ developmental disabilities and others.

Today we are introducing you to our farm team member, **Carson**. We first met Carson about three years ago when he was still in high school. Carson is Common Roots' first paid intern under a new state program called, "Blueprint for Employment of People with Disabilities." Here twice a week, Carson is learning to farm and his cheerfulness, work ethic, and general all around kindness make him a valued member of our farm team. If you are buying our eggs, Carson is one of the guys to thank. He helps with the care and feeding of 'our girls.' Carson is also very interested in hydroponic production, so he has been working closely with Kyle (who you will also meet soon) to learn all aspects of our leafy greens and herb production in the greenhouse, including today's head of Salanova butter lettuce. Carson receives job support from Community Life Services, a wonderful organization offering employment training and support to people with disabilities (<http://www.communityliveservices.org>). Carson is a hard working, aspiring farmer and we are pleased to share the results of his labor with you each week.



This week's CSA share includes a market bouquet of mixed cut flowers, a basket of strawberries, a head of butter lettuce, freshly cut basil and mint, broccoli, microgreens, some zucchini and crookneck squash, a cucumber, and Trombetta squash. Tomatoes coming soon!

We hope you enjoy your farm share and invite you to offer any feedback or questions to us at:

CSA@commonrootsfarm.org

Thank you!