



GROWING OUR COMMUNITY

YOUR FARM TO TABLE NEWSLETTER

RECIPE OF THE WEEK: SUMMER SALAD WITH CILANTRO VINAIGRETTE

INGREDIENTS FOR SALAD

- 4 ears corn, kernels removed
- 2 avocados, diced
- 2 cups diced tomato (any variety)
- 1 cucumber, finely diced, skin on
- 1/3 cup crumbled Goat Cheese
- 1 green pepper seeded, finely diced
- 1/2 onion, finely diced

INGREDIENTS FOR VINAIGRETTE

SUBSTITUTE: NEWMAN'S OWN

- 1 tbsp. rice wine vinegar
- 1 tbsp. white wine vinegar
- 1/2 tsp. salt or Herbamare
- 1 tsp. garlic powder
- 1/2 freshly ground black pepper
- 2 tbsp. cilantro, chopped

COMBINE SALAD INGREDIENTS INTO A LARGE BOWL

COMBINE VINAIGRETTE INGREDIENTS INTO A JAR WITH LID SHAKE LIGHTLY

POUR VINAIGRETTE OVER SALAD AND ENJOY!!!

COMMUNITY GARDENS AT GREENBRIER NURSERIES

Yes, we have one and we want you to get involved! The amazing benefits of a community garden include:

1. Increased sense of community ownership.
2. Uniting people, from a variety of backgrounds, for a common purpose.
3. Nurturing future community leaders.
4. A healthy, inexpensive activity for youth that brings them closer to nature.
5. Studies have shown that community gardeners and their children eat healthier diets than do non-gardening families.
6. Eating locally produced food reduces asthma rates, because children are able to consume manageable amounts of local pollen and develop immunities.
7. Exposure to green space reduces stress and increases a sense of wellness and belonging.

To learn more about the community plots that we have available or to join us for one of our upcoming events contact Becci Sisson/becci@farm2tableva.com.

F2T FAMILY FUN—EGG CARTON GREENHOUSES

This is a great way to get seeds started inside the house. The soil will stay moist and you can leave them in the windowsill. It's easy for kids to pitch in and watch the progress before you take them outside to plant. PLUS it's a great way to reuse your egg carton from the eggs you picked up at the market!

Everything you need for this project can be found at Greenbrier Nurseries and at our Farm to Table Market! For full instructions visit our Farm To Table Facebook Page.

MATERIALS

- EGG CARTON
- EMPTY GRATEFUL BREAD BAG
- GARDENTONE FERTILIZER
- PETE'S PLANT PLEASER COMPOSTE
- FALL SEEDS

JOIN OUR FARM SHARE FAMILY

LOCAVORE SHARE: You will receive the equivalent of one grocery bag of produce each Saturday during the weeks listed below. This bag will always have an amazing mix of seasonal items with staples such as salad greens being a consistent item, PLUS: (1) gallon of Homestead Creamery Milk, Four Oaks Lettuce, (1) Loaf of Grateful Bread, (1) Dozen Fresh Eggs and a 32oz growler refill from Tha Best Kombucha. Feeds a family of 2 veggie lovers for the week or a young family with 2 small children.

Locavore Extender: 11/05 -12/31 (9wks) \$210.00

FULL SHARE: You will receive the equivalent of two grocery bags of produce each Saturday during the weeks listed below. These bags will always have an amazing mix of seasonal items with staples such as salad greens being a consistent item. Feeds a family of 4-5 people for the week.

Full Share Extender: 11/05 -12/31 (9wks) \$210.00

HALF SHARE: You will receive the equivalent of one grocery bag of produce each Saturday during the weeks listed below. This bag will always have an amazing mix of seasonal items with staples such as salad greens being a consistent item. Feeds a family of 2 veggie lovers for the week or a young family with 2 small children.

Fall Half Share: 09/03 -12/31 (18wks) \$310.00

Winter Half Share: 01/07 -04/28 (17wks) \$295.00

Half Share Extender: 11/05 -12/31 (9wks) \$165.00

SINGLE SHARE: You will receive the equivalent of one half grocery bag of produce each Saturday during weeks listed below. Your share will always have an amazing mix of seasonal items with consistent staples such as salad greens. This is enough produce to feed a single person for the week.

Single Share Extender: 11/05-12/31 (9wks) \$149.00

To Sign Up Contact
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For more information visit our website at
www.farm2tableva.com

OR
Follow us on Facebook at
*Farm To Table Roanoke at
Greenbrier Nurseries*

FOR UPCOMING EVENTS AND FUN WAYS TO
ENGAGE YOUR FAMILY IN FARM TO TABLE FIND US
ON FACEBOOK AT:

FARM TO TABLE AT GREENBRIER NURSERIES