



GROWING OUR COMMUNITY

YOUR FARM TO TABLE NEWSLETTER

“LETTUCE” INTO YOUR CROP CIRCLE! FARM SHARE REFERRAL PROGRAM

Refer a friend and get a \$20 gift card to Greenbrier Nurseries. It’s that easy! Pass along the following information and ask them to acknowledge the referral when they sign up online (thru PayPal) or in person at Greenbrier Nurseries for their new Farm Share.

NEW SHAREHOLDERS CAN SIGN UP BY SEPT 3RD FOR THESE RATES:
(pick up starts Sept. 3rd)

Prorated Single Share: ends Oct. 29 (\$10.50/wk) \$94.50

SINGLE SHARE: You will receive the equivalent of one half grocery bag of produce each Saturday for 9 weeks. 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.

Prorated Half Share: ends Oct. 29 (\$17/wk) \$153.00

HALF SHARE: You will receive the equivalent of one grocery bag of produce each Saturday for 9 weeks. 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.

Prorated Full Share: ends Oct. 29 (\$27/wk) \$243.00

FULL SHARE: You will receive the equivalent of two grocery bags of produce each Saturday for 9 weeks. 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.

Prorated Locavore: ends Oct. 29 (\$27/wk) \$243.00

LOCAVORE SHARE: You will receive the equivalent of one grocery bag of produce each Saturday for 9 weeks. 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.

RECIPE OF THE WEEK: MINTY ATHENA MELON AND CUCUMBER SALAD

INGREDIENTS:

*=AVAILABLE AT OUR FARM2TABLE MARKET

- *1 Athena Antique Melon
- *4 medium Farm to Table pickling cucumbers
- 1/2 tsp. salt
- *8 oz Curtain’s feta goat cheese, crumbled
- About a dozen medium-sized mint leaves, very finely chopped

FOR THE HONEY-LIME DRESSING:

- 1/4 cup olive oil
- 2 tbsp. white wine vinegar
- Juice of one lime
- 2 tbsp. honey
- Salt and pepper to taste

DIRECTIONS:

Cut the melon in half and scoop out the seeds.

With a melon baller, carve out as many balls as you can get out of your cantaloupe. Chop the cucumbers in thin, quartered slices. Place the cucumber slices and melon balls in a colander and sprinkle with 1/2 tsp salt, toss gently with your hands. Place the colander over a bowl and allow the juices to drain for about 20 minutes. (Keep the juice for smoothies!) Place the cucumber and cantaloupe balls in a salad bowl. Add the cubed feta and chopped mint.

Place all salad dressing ingredients in a lidded jar and shake vigorously.

Pour on the salad, toss gently, and serve cold.

FARM SHARE FOR AUGUST 27TH

Rainbow Carrot Collection
Athena Antique Melon
Silver Queen Sweet Corn
Beefsteak Tomatoes
Spring Onions
Green Lolla Lettuce

CURRENT FARM SHAREHOLDERS

EXTEND YOUR SHARE NOW
AND RECEIVE A \$20 GIFT CARD TO
GREENBRIER NURSERIES!

REFER A FRIEND & EXTEND = \$40!!

<http://farm2tableva.com/shop/>

UPCOMING EVENTS

EVERY SATURDAY

F2T Market/Vendors 9am-3pm

SEPTEMBER 10

Whole Living Expo 10am-3pm

HAVE YOU HEARD? YOU CAN NOW PAY
FOR YOUR FARM SHARE EXTENDER
WITH PAYPAL. THIS FEAT-
TURE IS AVAILABLE ON
OUR WEBSITE AND
FACEBOOK PAGE.

