

## Share Items this Week:

CHERRY TOMATOES  
RED TURNIPS  
RED ONION  
HOT WAX PEPPERS  
(MILD)

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PEACHES  
MANGOES  
BLUEBERRIES  
1 BONUS ITEM

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NORTH VALLEY ORGANICS  
FRESHIES FARM  
VIDA VERDE



## Let's Talk Tomatoes

For those of y'all that order on a weekly basis, you may have noticed over the past few weeks that there have been tomatoes in every Weekly Share. What's up with that? Simply, it's the beauty of supporting local farmers! We get what we can during the months that it's available, which is why you have been seeing some of the same classic summer veggies, like tomatoes and cucumbers, in heavy rotation over the past month or so. There is a natural lull in the growing season right now, which is primarily why we're not seeing a TON of variety in this moment, hence lots of (delicious, juicy, perfect) little tomatoes! Wondering why things are slowing down right now? Keep reading!

Many farmers practice succession planting, meaning that they will plant the same crop multiple times throughout the season to have more than one harvest. Succession planting helps to increase efficiency because it allows small plots of land to yield a large amount of produce, which is huge for our small-scale farmers. Here's an example: in early June, we were getting a lot of zucchini from farmers, but now we're in a waiting period while we wait for the second crop.

Farming isn't only extremely difficult physical labor, it takes lots of planning and thinking ahead. You might not be thinking about winter squash, kale, and broccoli right now, but our farmers are so that they can provide abundance and variety through the fall. In July our farmers were nurturing their tiny kale starts to go in the ground in early fall so that we can enjoy a variety of local veggies through November!

I guess what we're trying to get at here is that when it comes to sourcing locally we just have to go with the flow and enjoy the abundance of the growing season, even if it means learning how add fresh tomatoes to every recipe!