

ROLLING PRAIRIE

notes from rolling prairie farmers alliance



FOOD FOR THOUGHT

EAT FOOD * NOT TOO MUCH
* MOSTLY PLANTS *

* MICHAEL POLLAN, IN
DEFENSE OF FOOD

WEEK OF
MAY 4, 2009

Coming Up

Early May

In early May, we usually have

Asparagus, baby lettuce, greens, green garlic, green onions, herbs, leeks, lettuce, mushrooms, radishes, rhubarb, salad mix, and spinach.



Share

If you have favorite recipes you'd like to share, please send them along! And don't forget to refer to your Rolling Prairie Cookbook every week for great recipes and ideas for using all the veggies and fruits that we will be bringing you each week.

E-Newsletter

Save the trees!

We encourage you to receive the newsletter by email, in pdf format. We also archive it that way on our website, www.rollingprairie.net. To sign up for the email newsletter, email your request to the editor at sandheron@rollingprairie.net.

Holidays

Don't forget to notify your site coordinator a few days in advance when you will be taking your two vacation days, so we don't charge you.

Monday holidays at the Merc:

Memorial Day (May 25) and Labor Day (Sept 1) push Merc pickups back to the following Tuesdays.

WELCOME TO ROLLING PRAIRIE 2009!

We assume you must have read about the basics in a brochure or on the website, but here are a few more details.

Every week you will meet other subscribers as well as some of the farmers who grow your food. Share stories, share recipes, swap items, get to know each other, get to know us!

You'll get a seasonal selection of delicious produce, all grown on these beautiful rolling prairies of Northeast Kansas. You'll also get the latest edition of this newsletter. Here you'll usually find announcements and reminders, information about the food, what's going on around our farms, or previews of what's likely to be ready to pick and deliver in the coming weeks. We'll profile our various farms in this column. We'll discuss in more detail some of the crops we raise, the pests we try to outsmart, the methods we use to grow the food, and various issues important to farming and eating. We'll also talk about

sustainable agriculture and developments at the national and global levels.

We ask you to pay at the first pickup of the month for the previous month's produce. So please don't forget that checkbook the first week in June!

How do we come up with the pricing structure? Sometimes it seems like a formula that even a Harvard MBA would struggle with, but actually it's fairly simple. Basically, each week during the season, our production coordinator assembles the farmers' estimates of what they will have available, and puts together a list of items and choices that adds up to the set bag price, including sales tax. The price of each item is somewhere between wholesale and the farmers market price. That's how you end up getting such a great deal.

