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Hello,

Today is the first day of spring. Before you know it, it will be summer. We are going to have very nice weather for Easter. Take some time to enjoy your family and this beautiful spring.

This weeks box

We have Dinosaur kale, petite beets, petite carrots, garlic greens, red potatoes, butter head lettuce, cilantro mint, oregano, parsley, and artichokes.

Nearly one hundred percent of all artichokes grown commercially in the United States are grown in California. In the 16th century, eating an artichoke was reserved only for men. Women were denied the pleasure because the artichoke was considered an aphrodisiac and was thought to enhance sexual power. Artichokes are one of the oldest foods know to humans. Marilyn Monroe was the first official California Artichoke Queen in 1949. If the artichoke feels heavy for its size and squeaks when squeezed, you have found a fresh artichoke.

Mint should be use with bean and fish soups, candies, chilled fruits, cold beverages, desserts, hot teas, jellies, lamb, and peas. Bay leaf compliments the flavor of mint. I love adding herbs with vegetables or salad for an extra kick.

Farm Report

We now have 11 new kids. They are so cute! Mommas are doing well. We are going to have a bumper crop of lettuces! The strawberries and fava beans are flowering. Beets, carrots, kales, artichokes, flowers arugula, radishes are reaching for the sky. The fruit trees are in full bloom.

A nice little day hike "Path of the Padres" are now taking reservations. You can contact them by phone at 209-826-1196 or www.parks.ca.gov for more information. St Joseph's School is having their annual Fish Fry & Dinner Dance. Friday April 11th 6:00 pm \$20.00 or take out \$15.00. As you might know the school is facing a possible closure. We all need to pull together to stop this from happening. You can contact them @ 559-659-2841 or call us and we'll get you hooked up. Plus, it is always a lot of fun. Remember we start with the every week delivery April 3, please sign up and tell your friends.

Cheers,
Farmer John & Shelby