

Lone Willow Ranch

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Hello all,

Earth day. Just the fact that we have an earth day is progress in the right direction, people are paying attention! Along with treating our earth friendly we also want to help you treat your body friendly by growing the most nutritious fruits and vegetables for you. Maybe we are singing to the choir but, we do need to get the word out about eating healthy and trying new foods. Below is an article we read that pretty much sums it up.

For years, researchers have sliced and diced foods in laboratories in a quest to discover a miracle nutrient-one that helps prevent cancer or heart disease or otherwise grants us good health. Their findings helped make lycopene, beta-carotene, and resveratrol practically household names.

The nutrient-centric approach also may have made us miss the big picture, some scientists are now saying. "A tomato isn't just lycopene. An orange isn't just vitamin C," says David Jacobs, an epidemiologist at the University of Minnesota. "The foods we eat are living systems, with a careful balance of thousands of constituents, many of which are crucial to health. Even the balance in which they occur may be important." Indeed, scientific studies that have isolated a single nutrient, such as beta-carotene, and given it to study participants in the form of a supplement have often bellied flopped.

The whole, in other words, adds up to far more than the sum of its parts -- an adage that rings even truer when several nutritious foods are combined in one dish, such as a salad.

Instead of getting the "right" nutrients, the new thinking goes; we should focus on getting enough whole, healthful foods. Sure, a tomato contains antioxidants, but it's also bursting with vitamins A, B, and C, fiber, and minerals. Nutritionists prize whole grains for their fiber, yet new studies show that whole grains pack a combination of beneficial components.

Researchers refer to the complex web and workings of nutrients as "synergy of the food matrix." The rest of us can call it one more commonsense reminder to eat a varied diet.

This week's box

We have lettuce, fava beans, green bulb onions, herbs, kale, fennel, broccoli, radishes, white turnips, and strawberries. It is a lot of greens, if you can not use all of them the kale freezes very good. The turnips are really good fresh. Just wash and slice put in your salad. We have three types of red lettuce this week, outrageous, galactic, and new red fire. We love them all.

Farm Report

The Strawberries are showing the damage of the high heat of last week, the production has been down, but there are a lot of blooms and they will come out of it. The garlic and onions are doing great. We will have red, white and yellow this year. We are almost ready to start harvesting a new crop of carrots. We will have a new fava bean for next week it is called Negretta. It is a Italian variety with a purple seed and a long pod. Last year I went to the farmers market in Capitola, I came across a green bean that I have never had before so I purchased some and we fell in love with them. We did not know the variety. John spent hours researching the variety and found it. It is called Romano, a long flat bean. We planted them the other day. Can't wait. Let us know if you want us to grow something for you, we love to hear what you have to say.

Cheers,

Farmer John & Shelby