



Naturally growing food for a better tomorrow



It truly is the time of the year where things are going to sleep. The land is definitely in dormant mode, and so is the farm...literally. If you haven't seen the news already, Valley Center High School has seen a spike in the number of Corona Virus cases which includes one

of our children (Heavy Sigh). The good news? The rest of us tested negative...at least for now. So we're on quarantine protocol. Ashton is banned downstairs while the rest of us get cozy upstairs. I'm sure Tristan loves his new futon bed in the office. 😊 The good news? Ashton is doing fine. He hasn't run a fever for three days now, and he's well on his way to recovery...now if only the rest of us can stay well.



way to make quarantining fun. It is Halloween after all and a full moon besides!



[Chicken Soup](#)



[Potato Soup](#)



[Hamburger Helper](#)

Our dinner schedule kinda went out the window this week, and we choose to make potato soup and chicken soup to make us all feel a bit better about our dreary situation. And I might have reverted a bit to when my kids were just little, and we indulged in a little homemade hamburger helper (which is tonight's dinner, so I didn't quite get the picture taken). Be patient. I made granola bars and kale bean burritos to tide us over for a few days as we adjust to our new normal.



According to the CDC, the biggest spreader of the virus is human to human contact (within 6 feet). Although it is possible that the virus can survive on surfaces or objects, there is no evidence of food being associated to the transmission of the disease. Regardless, the safety of our customers is our number one priority, and we want you all to feel

safe. **That means we need to delay the CSA pick-ups for at least two weeks (Nov 2nd and Nov 9th).** In the meantime, we're busy sanitizing! I feel a little like Dory in Finding Nemo. Accept instead of saying "just keep swimming," we're all dancing around singing, "just keep cleaning, just keep cleaning."

On a more positive note, our pumpkins are finished! We'll put them outside our back door for our own viewing pleasure since we obviously won't be handing out any candy this year. We're making brownies and watching scary movies instead. Well...kind of scary. I'm not fond of having nightmares for weeks after a movie. But we'll find some



I really wish we would have had one more week before this all hit. The rosemary and thyme would have been the perfect opportunity for you to make [Fire Cider](#). Fire Cider is another wonderful remedy to keep viruses away. We

had to order some horseradish which I just received today, so I'm making Fire Cider by the light of the full moon tonight.

I cannot leave you with what products to expect this week or next week. I can, however, reassure you that as soon as the sickness has passed, we will resume pick-ups. **As long as no one else gets sick, you should expect picks up to resume on November 16th. Due to the delay, you'll have two extra pickups in January to make up for it: January 4th and January 11th.** We appreciate your patience and understanding during this time. Eat healthy, stay safe, and I pray the ghosts and goblins didn't get you!

