



781 Hwy 26 St. Francois Xavier, MB R4L 1A2

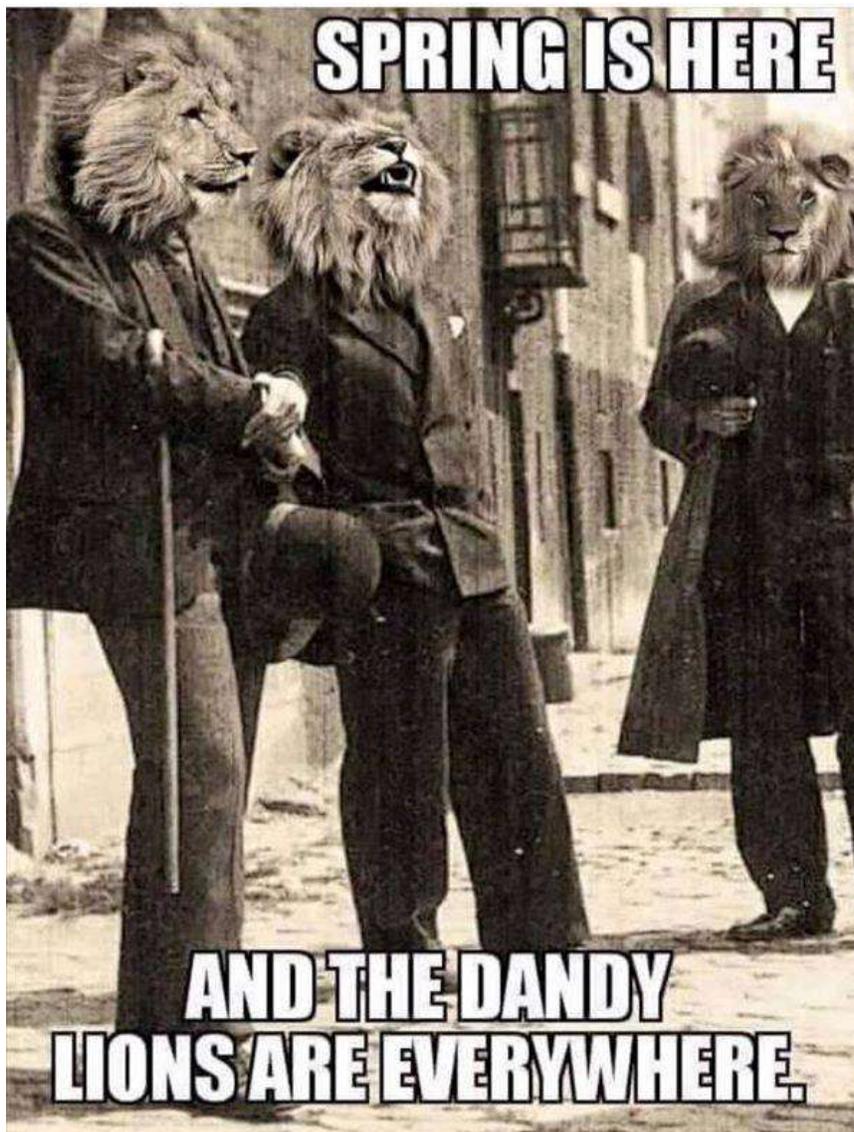
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June update

June 8, 2016



The lilacs are buzzing with bees but the dandelions are the first things blooming and are a gift for the bees. Also for us if we learn to appreciate them. All parts of the dandelion are edible and have medicinal and culinary uses. Dandelion roots can be eaten raw, steamed, or even dried, roasted and ground into a coffee substitute. The flowers are best known for their use in dandelion wine, but they also can be added to a salad, made into jellies or dipped in batter to make dandelion fritters. The leaves

are rich in potassium, antioxidants, and vitamins A and C. For use in salads, greens should be harvested from new plants while still small and



tender, before the first flower emerges. Larger greens tend to be tougher and more bitter. We've had a glorious beginning to our gardening season. It seems as if spring has been here for a long time because we were able to

plant early and we planted all the things that were not at risk on frosty nights but it was so dry that nothing really grew. The rains have brought the potatoes to life and although it's not much fun sloshing around in the mud, the overcast days with drizzle have been excellent for transplanting tender seedlings outside.

The greenhouse tomatoes have already set fruit. With the severe storm warning for tonight we are cautious about what to plant today. We will set out the cherry tomatoes which have a sheltered spot.

Everything needs daily attention especially the chicks, the ducklings and the turkey poults. This year we added 5 goslings to our flocks. They're the yellow ones under the heat lamp in the picture below. They are growing very fast and will be a new adventure. They love to eat grass and clover and some people have used them for weeding. That could be an asset but apparently they also eat cabbage leaves and other such delicacies.

There should be enough veggies to start you off at the **beginning of July** so you'll hear from me again **in a few weeks**. The deliveries will be on **Thursdays**. I'll let you know where the 15 week pick ups will be.

