

# THE JOYFUL HARVEST

Your Weekly CSA Share with Buttermilk Falls CSA & Folk School Retreat

## This week's harvest:

- [Basil](#)
- [Broccoli](#) (some)
- [Cabbage](#)
- [Cherry Tomatoes](#)
- [Cucumbers](#) - Slicing and Pickling
- [Collards](#) (some)
- Flowers - Bachelor Buttons, Marigolds, Zinnias and Cosmos, Barley stalks
- [Garlic](#)
- [Kale](#)
- [Kohlrabi](#) (some)
- [Potatoes](#)
- [Scallions](#)
- [String Beans](#) (some)
- [Tomatoes](#) (some)
- [Yellow Crookneck Squash](#)
- [Zucchini](#) - Green & Yellow

✦ *Click items above for link*



## Let's talk about... Lifesharing!

One of the things we love about our lives at the farm is that we are a multi-faceted community. At any point in the year we may have between 5 and 16 people living at the farm ranging in age from 4-65. Some have special needs and we work and live right alongside each other. Others have come to heal or to explore. Some have made a permanent lifestyle choice. Right now in the farmhouse, Christina and Carter Beck and Lindsey Ruder live as co-workers managing the operational aspects of Buttermilk Falls Farm. The farmhouse is shared by Fremont Ihrig, a special needs senior who has lived at the farm for 20 years, several interns and a Waldorf high school student from Michigan who is intently interested and engaged in farm life. In the cottage, Michael Millett, our resident facilities manager makes a home for his twin daughters Maye and Miya (pronounces MY-AH). Orchard House serves as our retreat house where we welcome groups and it also houses the Beck's son home from Occidental College in L.A. for the summer and another intern. ...continued below...



## Herbal Salve for your Home!

This all-purpose salve is essential for any first aid kit or purse! Great for cuts, bruises, burns, or just plain old dry skin/lips. Made on the farm with local and wildcrafted ingredients - all organic. And the best part is, you can have yours delivered in your CSA box for just \$10. Let us know if you would like one!

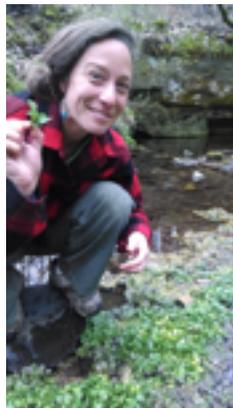
## Upcoming Classes:

*Herbs for Women's Health with Niky Duxbury*

**Saturday  
August 16**

*Herbal Infusions and Simple First Aid Salve Making with Dr. Kelley Hagenbuch*

**Sunday  
August 17**



## Did you know?

**Your CSA Membership entitles you to 10% off of any folk school classes and workshops at the farm.**

**Learn something new.**

Living in community brings with it many gifts. What feels like a burden to one can be another's joy. And so, there is something for everyone and no stone is left unturned. We take meals together, and engage in endless go-arounds during which we learn about each other. We play Risk, Checkers, badminton and Scrabble. We swim, shop and see plays after work. We meet weekly to discuss what's brewing in each of our hearts and convey the logistics needed to keep things running smoothly and we work- cleaning, gardening, caring for the animals, delivering, preserving, teaching each other and more of all these things. We meditate, do yoga, make fires and sing. All this togetherness has its antidote in walks to the waterfall, the spring, the prairie, nights in the gypsy wagon or a quiet moment alone on the back deck. We are practicing the art of community and invite you to visit and have a taste of life at Buttermilk Falls Farm.

-Christina Beck, Executive Director

## Meet Your Farmers...

*Viktoria "Augusta" Spors*



"Hello. I am Augusta. I am from Detroit, Michigan and am 17. I came to the farm at the beginning of June and have decided to stick around through the upcoming school year (I'll be a senior at Osceola High!) - departing next June at the earliest. I came to the farm because I needed a break from big city life and some farm fresh air. Everyday I am here I become happier and feel so healthy and good. I can't wait to see what comes out of our fields during the rest of the season and...next!" -Augy