

JULY GREETINGS FROM CROSS ISLAND FARMS



WHAT'S READY TO PICK IN THE EDIBLE FOREST



This family is enjoying a U-Pick experience in the edible forest and left with an abundant haul. as shown below



Right now the edible forest is loaded with red, pink and black currants which all can be eaten fresh and make excellent jams. Call ahead to find out what's in season and to make an appointment to pick your own and/or book a tour of the garden to learn how to create your own garden of abundance.

WHAT CAN YOU FIND INSIDE THE PORCH FARMSTAND



In the small fridge are self-serve kale, chard, onions, garlic scapes, potatoes, carrots, berries and occasionally eggs. On the table are freshly picked garlic, zukes, and very soon tomatoes. There is change in the honor can. See the farmer for a selection of organically raised and certified 100% grass-fed cuts of our beef.

WHAT'S BLOOMING



Did you know that every variety of day lily is edible? Many have a delightful crunch and sweet flavor perfect to include in salads or as garnish for any dish. Caution: Beware that any lily that grows from a bulb like Asiatic or star lilies is poisonous! DO NOT EAT!

WHO'S VOLUNTEERING



Amara Ninan is a friend of the family who comes to the farm every summer for two or three weeks to participate in farm life. Here she is assembling stuffed grape leaves made from leaves and herbs she picked from the edible forest.

WHEN DO WE PLANT FOR FALL HARVEST



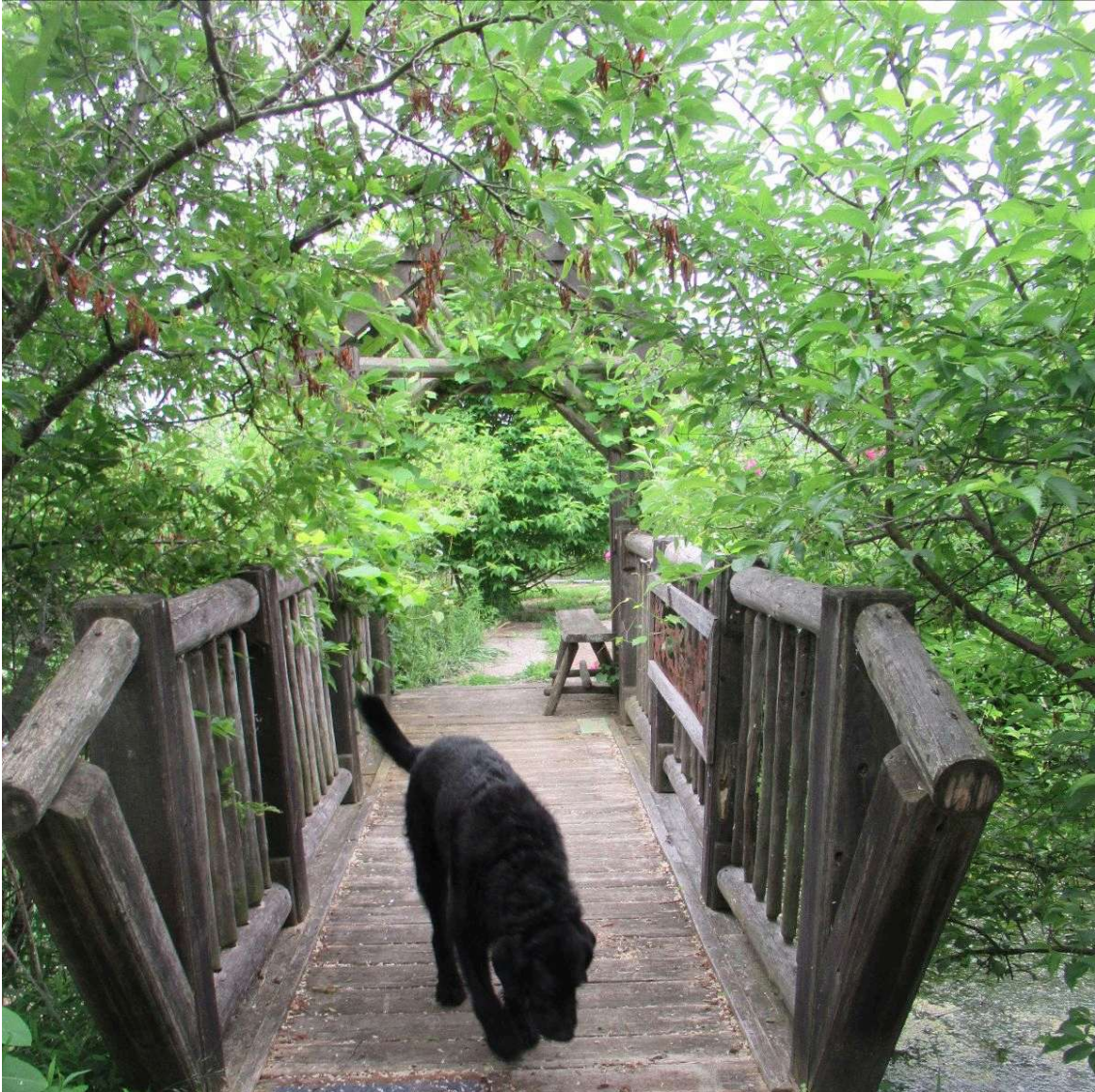
If you want a fall crop of carrots, beets or peas, the first half of July is the time to plant them. Here beets, planted last week, are just starting to come up. Notice the natural hay and leaf mulch.

WHERE IS DANI SCHEDULED TO SPEAK



In Person: St Lawrence Nursery, Potsdam, NY
Saturday, September 6, 10 a.m.
"What is a Forest Garden and How Can You Create One"
 RSVP to locallivingventure@gmail.com or

**In Person: Table at the Adirondack Harvest Festival
September 20 from 12-5pm at the Essex County Fairgrounds
Westport, NY**



ENJOY COMMUNING WITH NATURE THIS MONTH

Owner [Cross Island Farms](#) | Creator [The Enchanted Edible Forest](#) | Author [The Home-Scale Forest Garden: How to Plan, Plant and Tend a Resilient Edible Landscape](#)

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