

# Flying Plow Farm 2011 Weekly Harvest List

## **P/U Wk 1, Week 21 May 24**

2 heads lettuce  
1/4 lb lettuce mix  
1/3 lb chard  
1/3 lb kale  
2 kohlrabi  
1 bok choi  
1 bunch radish OR  
1 bunch turnip  
handful basil  
u-pick herbs  
u-pick peas  
u-pick strawberries

## **P/U Wk 2, Week 22 May 31**

2 heads lettuce  
1/4 lb lettuce mix  
1/3 lb chard  
1/3 lb kale  
2 kohlrabi  
1 bok choi  
1 bunch radish OR  
1 bunch turnip  
handful basil  
u-pick herbs  
u-pick peas  
u-pick strawberries

## **P/U Wk 3, Week 23 June 7**

2 heads lettuce  
3/4 lb lettuce mix  
1/2 lb total chard &/or kale  
1 bunch kohlrabi OR  
1 bunch turnip  
1 bunch scallions  
1 pint summer squash  
handful basil  
u-pick herbs  
u-pick peas  
u-pick strawberries

## **P/U Wk 4, Week 24 June 14**

2 heads lettuce  
1/2 lb lettuce mix  
1/2 lb total chard &/or kale  
1 bunch carrots  
1 cucumber  
1 bunch radish  
1 bunch turnip  
1 bunch scallions

1 summer squash  
handful basil  
u-pick herbs  
u-pick flowers  
u-pick beans

## **P/U Wk 5, Week 25 June 21**

1/2 lb lettuce mix  
1 bunch scallions  
1/2 lb chard  
1/2 lb perpetual spinach  
1 bunch carrots  
handful basil  
2 cucumbers  
2 summer squash  
1 bunch dill  
1/2 pint raspberries  
u-pick herbs  
u-pick flowers  
u-pick beans

## **P/U Wk 6, Week 26 June 28**

1 head lettuce  
3/4 lb lettuce mix  
1 bunch scallions  
1 bunch carrots  
3/4 lb total of chard, perp  
spinach, &/or kale  
handful basil  
1 bunch dill  
handful parsley  
3 total of summer squash,  
zucchini & cucumber  
u-pick herbs  
u-pick flowers  
u-pick beans

## **P/U Wk 7, Week 27 July 5**

2 heads lettuce  
1/4 lb lettuce mix  
1 bunch scallions  
1 bunch carrots OR  
1 bunch beets  
1/2 lb chard  
1 bunch cilantro  
2 ss&z  
4 cukes  
handful basil  
handful parsley  
u-pick herbs

u-pick flowers  
u-pick beans

## **P/U Wk 8, Week 28 July 12**

2 heads lettuce  
1 lb perp spinach  
1 bunch scallions  
1 bunch beets  
10 cukes  
3 total of summer squash &  
eggplant  
2 tomatoes  
1 melon  
1 bunch dill  
8 stalks edamame  
handful basil  
handful parsley  
u-pick herbs  
u-pick flowers  
u-pick beans  
u-pick cherry tomatoes

## **P/U Wk 9, Week 29 July 19**

1 head lettuce  
3/4 lb chard  
3 total summer squash &  
eggplant  
as many cucumbers as you like  
choice of 1 melon or 1 pint  
potatoes  
2 tomatoes  
8 stalks edamame  
1 bunch scallions  
handful dill  
handful cilantro  
handful basil  
handful parsley  
u-pick herbs  
u-pick flowers  
u-pick beans  
u-pick cherry tomatoes

## **P/U Wk 10, Week 30 July 26**

1 lb perp spinach  
1 bunch carrots  
1 spaghetti squash  
as many ss&z as you like  
as many cukes as you like  
2 eggplants  
2 peppers

4 lb tomatoes  
1 melon  
1 bunch scallions  
handful dill  
handful cilantro  
handful basil  
handful parsley  
u-pick herbs  
u-pick flowers  
u-pick beans  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 11, Week 31 Aug 2**

1 head lettuce  
1 lb total of perp spinach &  
chard  
1 bunch carrots  
1 bunch scallions  
1 melon  
2 eggplants  
2 peppers  
2 lbs ss&z  
3 lbs cukes  
5 lb tomatoes  
a few hot peppers  
handful basil  
handful parsley  
u-pick herbs  
u-pick flowers  
u-pick okra  
u-pick tomatillos  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 12, Week 32 Aug 9**

2 heads lettuce  
½ lb total of chard and perp  
spinach  
1 bunch beets  
2 leeks  
3 lb cukes  
2 lb ss&z  
2 peppers  
¾ lb eggplant  
5 lb tomatoes  
1 melon  
1 spaghetti squash  
a few hot peppers  
handful basil  
handful parsley  
u-pick herbs  
u-pick flowers

u-pick okra  
u-pick tomatillos  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 13, Week 33 Aug 16**

2 heads lettuce  
½ lb total chard or perp spin  
½ lb red onions  
1 lb cukes  
1 lb ss&z  
4 lb tomatoes  
1 lb eggplant or 1 spaghetti  
squash  
½ lb peppers  
1 lb beets  
a few hot peppers  
handful basil  
handful parsley  
u-pick beans  
u-pick herbs  
u-pick flowers  
u-pick okra  
u-pick tomatillos  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 14, Week 34 Aug 23**

2 heads lettuce  
½ lb perp spinach  
2 leeks  
1 pepper  
1 eggplant  
4 lb tomatoes  
1 lb ss&z  
½ lb cukes  
1 melon  
1 spaghetti squash  
a few hot peppers  
handful basil  
handful parsley  
u-pick herbs  
u-pick flowers  
u-pick okra  
u-pick tomatillos  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 15, Week 35 Aug 30**

1 head lettuce  
½ lb perp spinach  
1 lb carrots or beets  
1 pepper

1 lb eggplants  
2 lb tomatoes  
1 melon  
½ lb onions  
a few hot peppers  
handful basil  
handful parsley  
u-pick beans  
u-pick herbs  
u-pick flowers  
u-pick okra  
u-pick tomatillos  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 16, Week 36 Sept 6**

2 head lettuce  
½ lb chard  
1 bunch beets  
2 lb potatoes  
2 leeks  
2 lb tomatoes  
1 lb eggplant  
1 pepper  
choice of 1 melon, spaghetti  
squash or delicata squash  
a few hot peppers  
handful basil  
handful parsley  
u-pick beans  
u-pick herbs  
u-pick flowers  
u-pick okra  
u-pick tomatillos  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 17, Week 37 Sept 13**

1 head lettuce  
¼ lb lettuce mix or arugula  
½ lb kale or perpetual spinach  
1 lb onions or 2 leeks  
1 lb tomatoes  
1 lb eggplant  
1 quart peppers or 1 broccoli  
2 kohlrabi  
1 butternut squash  
a few hot peppers  
handful basil  
handful parsley  
u-pick beans  
u-pick herbs  
u-pick flowers

u-pick okra  
u-pick tomatillos  
u-pick cherry tomatoes  
u-pick paste tomatoes

**P/U Wk 18, Week 38 Sept 20**

1 head lettuce  
¼ lb mizuna or lettuce mix  
½ lb kale or perpetual spinach  
2 kohlrabi  
1 lb tomatoes  
½ lb peppers  
1 lb eggplant  
1 lb onions  
2 lb potatoes  
a few hot peppers  
handful basil  
handful parsley  
u-pick beans  
u-pick herbs  
u-pick flowers  
u-pick cherry tomatoes

**P/U Wk 19, Week 39 Sept 27**

¼ lb lettuce mix and arugula  
as much mizuna as you like  
½ lb kale or perpetual spinach  
2 kohlrabi  
1 broccoli or cauliflower  
1 napa cabbage  
1 tomato  
¾ lb peppers  
1 lb eggplant  
1 lb onions  
2 lb potatoes  
1 butternut squash  
a few hot peppers  
handful basil  
handful parsley  
u-pick beans  
u-pick herbs  
u-pick flowers  
u-pick cherry tomatoes

**P/U Wk 20, Week 40 Oct 4**

¼ lb lettuce mix  
handful arugula  
as much mizuna as you like  
½ lb chard or kale  
1 head celery  
1 broccoli or cauliflower  
1 napa cabbage  
1 bunch turnips

1 lb peppers  
2 eggplants  
1 lb onions  
½ lb sweet potatoes  
a few hot peppers  
handful parsley  
u-pick herbs  
u-pick flowers

**P/U Wk 21, Week 41 Oct 11**

2 heads lettuce  
¼ lb arugula  
as much mizuna as you like  
½ lb kale  
1 cabbage  
1 bunch turnips  
1 tatsoi  
1 lb peppers  
2 eggplants  
2 lbs potatoes or 1 butternut  
a few hot peppers  
handful parsley  
u-pick herbs  
u-pick flowers

**P/U Wk 22, Week 42 Oct 18**

1 head lettuce  
1/3 lb lettuce mix  
¼ lb arugula  
as much mizuna as you like  
½ lb kale  
1 broccoli or cauliflower  
1 bunch turnips  
1 bok choy  
handful dill  
1 lb peppers  
2 leeks  
1 butternut squash  
a few hot peppers  
handful parsley  
u-pick herbs  
u-pick flowers

**P/U Wk 23, Week 43 Oct 25**

1 head lettuce  
1/3 lb lettuce mix  
1/3 lb fall salad mix  
1 bunch turnips  
1 bunch carrots  
handful dill  
½ lb kale or perpetual spinach  
1 yukina savoy  
1 cabbage or broccoli

as many peppers as you like  
1½ lb sweet peppers  
1 lb onions  
a few hot peppers  
handful parsley  
u-pick herbs  
u-pick flowers

**P/U Wk 24, Week 44 Nov 1**

1 head lettuce  
¼ lb lettuce mix  
½ lb fall salad mix  
2 leeks  
½ lb kale or perp spinach  
1 quart beets or 1 bunch carrots  
1 bunch kohlrabi  
1 bunch turnips  
1 bok choy  
as many peppers as you like  
2 lb potatoes or 1½ lb sweet potatoes  
a few hot peppers  
handful parsley  
u-pick herbs  
u-pick flowers

**P/U Wk 25, Week 45 Nov 8**

1 head lettuce  
1/3 lb lettuce mix  
1/3 lb fall salad mix  
handful arugula  
1 lb carrots or parsnips  
½ lb kale  
1 bunch turnips  
1 bok choy  
1 yukina savoy  
1 cabbage  
2 kohlrabi  
as many peppers as you like  
handful parsley  
u-pick herbs

**P/U Wk 26, Week 46 Nov 15**

2 heads lettuce  
½ lb fall salad mix  
1½ lb parsnips  
1½ lb carrots  
1 stalk brussels sprouts  
½ lb broccoli  
¾ lb kale  
1 bok choy  
½ lb yukina savoy  
2 leeks

1½ lb purple top turnips  
1½ lb sweet potatoes  
1 butternut squash  
handful parsley  
u-pick herbs

**Bonus P/U, Week 47 Nov 22**

2 heads lettuce  
½ lb fall salad mix  
¼ lb spinach  
½ lb kale  
1 head tatsoi  
1 bunch turnips  
2 leeks  
1 lb parsnips  
handful parsley  
1 bunch celeriac  
½ lb broccoli  
1 head cauliflower  
u-pick herbs