

## Garden of Eden Organics

*We love what we do and it shows in how it grows!*

[www.goeorganics.com](http://www.goeorganics.com)  
[goeorganics.wordpress.com](http://goeorganics.wordpress.com)



## Hot Off the Press: GOE has a Newsletter!

Welcome to the first installment of what we hope will be a convenient way of communicating what's going on behind your boxes. We will be sending each of you a seasonal newsletter via email, and will always have some hard copies on-hand at our drop sites.

Our hope is to keep you up-to-date on our people, produce and procedures. We have been growing so fast this year, mostly due to your excitement as you chat us up to co-workers, friends and neighbors. This is wonderful and its challenging us to step up our game and keep the same feeling of community we've felt with you guys for more than 5 years!

Another avenue of community communications is our shiny new blog! Now, here at GOE we are much better with fruit than computers. However, we really want to facilitate a forum for all of our members at the 6 drop sites we have to be able to share their knowledge.

We get emails every week from recipes to great links to photos of your toddler hording all the pears... this is good stuff you can now share with fellow CSA members! So, the first half of November, be expecting an invitation to become a contributor to our blog. This is by no means mandatory, but a way to plug you in with like-minded people we have the privilege to see weekly... people like you!

## Some Guidelines for Growth

Remember when you were 13 and you kept running into things because your body was growing faster than your brain could keep track of? That's where GOE is! So, we've come up with a few new guidelines to help us walk tall.

**1. Keep bringing bags:** It's official, you packing out your box has kept our costs down despite fluctuating fuel costs!

**2. Family planning:** We have capped our growth until the New Year so we don't get too big for our britches. There is a waiting list so

don't feel bad talking about us to your friends, they can join soon!

**3. New Drop Sites:** Keep your eyes peeled, we are scouting out new drop sites for 2009. To start one we need a room like the one your drop is in and 25+ committed people. (We are looking at Newport Beach come the New Year!)

**4. Box bumping:** Starting today you can only skip 1 week if you pay monthly, 2 if you pay quarterly and 4 if you pay annually. If you can't make it, send a friend.

"Check out Jen's Kitchen on our website and contribute to our blog to learn and share new recipes and ideas"

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Organics

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We're on the Web!

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## Season's Expectations for Your Box

Even though as I write this it is 90 degrees outside, the calendar says that the season has changed. Its Autumn in San Diego!

Fall brings all sorts of wonderful things for big family dinners and holiday gatherings. Here's a heads up on what to expect so you can start planning those yummy organic dishes that will blow them away!

**Fruits:** guavas, limes, persimmons, apples, tangerines, grapefruit, oranges, pomegranates, dates and more!

**Veggies:** kale, broccoli, spinach, eggplant, collard greens, brussels sprouts, butternut squash, sage, cucumber, tomatoes, cauliflower, chard, peppers, basil, dill, mustard greens and other goodies!

## Schedule Changes and Events for the Holidays

Please take note of the changes coming up!

We will be taking time off for Thanksgiving, Christmas and New Year's to spend time with our families. The days we don't provide your drop with a box will be added on to the end of your pay period, you will not lose it. Cheers!

Nov 2008 – Jan 2009						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Nov 23 Hillcrest	24	25	Carlsbad UC/LMesa	Thanks- giving	<b>OFF</b> 28	<b>OFF</b> No Irvine
Nov 30 Hillcrest	1 Dec	2	Carlsbad	UCSD La Mesa	5	Irvine
Dec 21 Hillcrest	22	Carlsbad	<b>OFF</b> C. Eve	<b>OFF</b> Christmas	<b>OFF</b> 26	<b>OFF</b> No Irvine
<b>OFF</b> Dec 28	<b>OFF</b> 29	<b>OFF</b> 30	<b>OFF</b> No Carlsbad	No UCSD No La Mesa	<b>OFF</b> 2	Irvine
Jan 4 Hillcrest	5	6	Carlsbad	UCSD La Mesa	Newport	Irvine
Jan 11 Hillcrest	12	13	Carlsbad	UCSD La Mesa	Newport	Irvine

### Dates to Note:

Holidays we are OFF: Nov 27<sup>th</sup>- 29<sup>th</sup> , Dec 24<sup>th</sup>- Jan 2<sup>nd</sup>

Wednesday, Nov 26<sup>th</sup>: UCSD and La Mesa drops (normal hours)

Tuesday, Dec 23<sup>rd</sup>: Carlsbad drop (normal hours)

## Products We Endorse: Nutrilite Vitamins

Garden of Eden organics is proud to be partners with **Nutrilite!** Nutrilite produces vitamins and supplements that are grown, harvested, and processed on **certified organic farms.**

Got kids? Try **Nutrilite Kids Brainiums**, four daily yummy gummies for the key omega-3 fatty acids their growing minds need. And to keep up with them there's **Rhodiola**, designed to help maximize your mental and physical performance. Rhodiola's central ingredient, rhodiola rosea, is an Arctic herb witch used as an all-purpose adaptogenic tonic!

These and more at [www.ptrejo1.qhealthzone.com!](http://www.ptrejo1.qhealthzone.com)