

## FRESH START FOODS UPDATE

Hot and hot -- and more hotter -- is the best way to describe this past summer! Even though we have extra visitors to our garden table (deer, rabbit, other various nibblers), there has still been an abundant harvest to share.

*“The glory of gardening:  
hands in the dirt,  
head in the sun,  
heart with nature.  
To nurture a garden  
is to feed  
not just the body,  
but also the soul.”*

Alfred Austin

