



Farm & Garden Newsletter

Hi friends,

Everything is growing fast in the garden and greenhouse. We are continuously supporting and pruning our tomato and cucumber plants in the greenhouse. They love these hot days. Our eggplant and pepper plants are just starting to fruit, as they had a slow start in a new location in the greenhouse.

The garden is growing every day. We have planted squash, melons, tomatoes, peppers, and more. Our strawberries and raspberries are growing fast as well. We will be into berry production by the end of July or early August.



You can find all of our produce at our Farm Stand, which is now open!



Enjoy the beautiful drive to our ranch and pick up produce and grassfed beef Friday-Sunday.

The Farm Stand is open:

Friday 2 - 5

Saturday 10 - 5

Sunday 10 - 5



We are also at the **Larimer County Farmers Market** every **Saturday** and at the **Loveland Farmers Market at Fairgrounds Park** every **Sunday**.

Saturdays
9 a.m. - 1 p.m.
200 West Oak Street
Fort Collins, CO

Loveland Farmers Market at Fairgrounds Park

Sundays
 9 a.m. - 1 p.m
 700 West Railroad Ave.
 Loveland, CO



Soon, we will also be selling our produce and beef at Sweetheart City General Store on 4th street in Loveland.



We need volunteers to help in the garden and greenhouse this season. We especially need help with harvesting on Fridays. [Apply online](#) if you are interested in helping out and learning all about growing your own food.

And, of course, follow us on [Instagram](#) and [Facebook](#) for the latest updates on the farmers' markets, Farm Stand, and production in our greenhouses and garden.

On The Ranch

I found Sarah on the ranch to see what's happening in her world.

She reports that the calving season has come to an end for 2021. We have 16 beautiful, happy, healthy calves!

Our sheep have been divided into breeding groups: one with our Dorper Ram, Bill, and the other with our Katahdin Ram, Doug. Lambing season will begin in November 2021.

Our chickens are in high gear with egg production, and we are thrilled to be offering 15 dozens eggs to our customers each week on our online store!



Our beef is expected back from the processor this month, and we are very excited to update our beef inventory. Please email us at sunrisebeef@sunranch.org for more information or to be placed on our 1/4 beef package waitlist!

Online Store

We have made ordering super easy! You can take the beautiful drive out to us (just 18 minutes from Lake Loveland), or we can deliver.

\$10 off orders of \$100 or more in June

PROMO CODE: JUNE21

This discount applies to all items: beef, lamb, vegetables, garden plant starts, pantry items, prepared meals, and soap/candles.

Order for Delivery or Pick-up

Try this!



I don't know about you, but in this heat, I prefer eating salads. Besides trying different varieties of lettuce, I love to change it up and add different toppings to my salad. If you're looking for some salad inspiration, I've got you covered! Try this:

- | | | |
|----------------------|--------------------------|---------------------|
| Apple slices | Cucumber slices | Shredded carrots |
| Hummus | Cherry tomatoes | Hardboiled eggs |
| Sliced radishes | Nuts & Seeds | Peas |
| Sliced pears | Crispy bacon pieces | Avocado |
| Shrimp | Cooked chicken slices | Cheese of all kinds |
| Roasted squash | Berries (fresh or dried) | Corn |
| Thinly sliced onions | Chickpeas | Shredded cabbage |

A squeeze of citrus

Couscous

Shredded beets

(uncooked or cooked)

Lentils

Cilantro

If you have a killer recipe, let me know by replying to this email! I may feature it in next month's newsletter.

Thank you so much for your continued support,

Jackie Alvine
Greenhouse Manager

Chris Browne
Assistant Greenhouse Manager