



## Newsletter Week A Box 1

Because it is the first box I am going to give more direction for how and when to pick up your boxes. This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday June 4 after 2 pm. Mineral Point Market 8:30 am, Green City Market 7 am Saturday June 5, and Chicago Botanic Garden Farmers Market 9 am June 6. Come as early as you can to insure quality and freshness. Please bring two bags with you. UNFOLD boxes at seems to flatten and keep reusable. DO NOT TEAR OPEN, PLEASE OH PLEASE.

## What's in the box?!

- Lettuce either Red Grand Rapids or Green Romaine – bag and store in refrigerator. Rich in chlorophyll, iron and vitamins A and C.
- Green Rocket Napa Cabbage – bag and store small amounts of vitamins A and C along with fiber and very few calories. Great in a Stir Fry!
- Spinach – store in refrigerator high in chlorophyll, vitamins A and C, raw or slightly cooked. Does inhibit calcium absorption. In salads, steamed or boiled for under 10 minutes.
- Cilantro – put plants standing in shallow water in fridge. Add fresh to soups, stews, and stir fries; toss into green salad; nice addition to potato salads. Enjoy within a few days.
- Radishes – bag and store in refrigerator root - traces of potassium, phosphorous, magnesium and iron. Leaf – excellent source of vitamins A, C and the B's. blood cleansers and digestive aids. Add to mixed salad or grate and add your favorite salad dressing. Stir fry or steam, as well.
- Rhubarb -bag and store in refrigerator high in vitamins A and C and many minerals, particularly calcium. Blood purifier and digestive aid. Dice into salads, hot or cold cereal raw for tart flavor (I LOVE Rhubarb).

Chop Rhubarb, sweeten with sugar or honey and bake 30 min at 375.

Simple Sauce: Chop Stems into 1" chunks, cook in small amount of water with sweetener of your choice to taste. When fibrous stalks become stringy and mushy, done.  
Can be frozen raw as well.

- Snap Peas – store in refrigerator  
excellent source of vitamins A,C, K and the B's. High in minerals iron, potassium, and phosphorous. High- protein, carbohydrate and fiber.  
Eat raw whole or chopped in salad or plain. Cook for under 2 min's in stir fry.  
Enjoy within a few days.
- Garlic Scapes – no bag in refrigerator  
Garlic strengthens the bodies health. The raw bulbs are the most potent as medicine and the scapes the least.  
Good raw in a salad or stirfry.
- Yellow Onions - no bag in refrigerator
- Shallots - no bag in refrigerator  
Onions which shallots are included also strengthen the bodies health. Great with every meal. Some people are sensitive to raw onions (as am I) but they are delicious and easily digested cooked till translucent.
- Potatoes – no bag in warmer drawer of refrigerator.  
Potatoes source of complex carbohydrates and minerals, particularly potassium with skin on. They form a complete protein when consumed with grain, dairy or meat.  
Too versatile to list how many ways to eat potatoes.

On the farm this week.

We have planted many successions of lettuce, chard, kale, cabbage, green onions, fennel, cauliflower and broccolli to make sure to have plenty to fill your boxes each share.

Our crew now has grown to 5 interns who live on the farm with us and an Amish crew come in once a week. We have been on the ball planting right before the rain and managing the weeds.

We transplanted the curcubitiz – melons, cukes, zukes and summer squash into the field this week, too.