



Group B Week 3

Our harvest days are really here! The fields have exploded with deliciousness. You'll see this week how much variety we have happening at this time. I am so happy to announce our first berry medley. Please try them all. There are Pink Champagne Currants, Red Currants, Black Currants, Golden Currants, Gooseberries, Black Raspberries and Raspberries. Many flavors to try.

What's in the box?

New Potatoes, Scallions, Fresh Garlic, Shelling Peas, Carrots, Beets, Green Kale, Red Head Lettuce, Dill, Cilantro, Berry Medley, Cauliflower, Zucchini, Patty Pan and/or Yellow Zucchini, Pickling Cucumber, Broccoli and Fennel.

More Info ~

New Potatoes - Packed dirty because their skins are very delicate! They are a special treat. No plastic 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. To versatile to list how many ways to eat potatoes.

Scallions aka Green Onions - no bag in refrigerator. Onions strengthen the bodies health. Great with any meal. Some people are sensitive to raw onions (as am I) but they are delicious and easily digested cooked till translucent. Tops can also be used.

Fresh Garlic - Fresh as in not cured, as you will see peeling a fresh garlic is different than cured garlic. no bag in refrigerator. Garlic strengthens the bodies health. The raw bulbs are the most potent as medicine.

Shelling 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. Seperate the peas from pod and eat raw or cook for under 5 min's in stir fry,

steamed, or lightly boiled. Enjoy within a few days.

Carrots - high in Vitamin A and beta carotene, fiber, calcium, potassium and other trace minerals. Best raw! Carrots store in bag in refrigerator. Can use the tops as an herb in soups, roasts, or stir fries.

Green top Beets - store greens and beets separately. Use beet greens soon for retained nutrients. Beets are high in vitamins A and C and also the carotenes. Beet greens are generous in vitamin C, calcium and iron. No need to peel. Grate into salads, cube into soups, slice and steam, or bake whole. Greens are good steamed or sauteed. Bag and refrigerate for storage longevity.

Green Frill Kale - Bag in store in refrigerator. Rich in vitamins A, C and B. High in Calcium and other minerals as well. Kale is the highest in protein content of all cultivated vegetables! Steam, saute, add to soups or I have heard that Kale chips are delicious. Cook under 10 min's.

Red Head Lettuce - bag and store in refrigerator. Enjoy a crisp, fresh salad.

Dill - store upright in a bit of water with the cilantro. Mix chopped dill into a soft, spreadable cheese. Make Dill Garlic Butter - melt butter over low flame, be careful not to burn. Saute garlic till translucent than add dill and saute for a couple minutes. Pour over potatoes or any cooked vegetables or fish. Make a little cucumber salad with the cuke and dill. Dill is also an herb that can be dried for later use.

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. This herb can make a dish of ethnic foods, such as Thai, Indian, Mexican and Chinese. YUM ~ a must have as a topping for curries and burritos!!

Berry Medley - Currants, a very special treat. They have distinct flavor, the seeds are edible as well. Considering the small quantity, I suggest eating raw, sprinkle with sugar if needed. Also, you can add to a batch of granola, your bowl of cereal or oatmeal, cookies, muffins, and so on :)

Cauliflower - offers significant vegetable protein as well as vitamins A, B-complex, C and E and a variety of minerals if cooked lightly. Soak like broccoli, steam whole head for max. 20 min's and cut up for max of 10 min's.

Broccoli - cooked lightly high in Vitamins A, C, calcium, potassium, and iron and has a

special enzyme sulforaphane to boost health. Soak florets in salted water to remove any hidden pests before preparing. Steam max. 7min's.

Zucchini and Patty Pan- (summer squash) 94% water, low in calories, a good source of vitamins A and C, potassium and calcium. Store in hydrator drawer of refrigerator or in a bag in the fridge for up to a week. Grate or shred into salad, steam whole or halved, grill sliced or whole, stir fry, or mash!

Cucumber - 95% water with small amounts of vitamins A, C and a few minerals and a source for vitamin E. So much fun with Cucumbers but best sliced and eaten in salad or plain. Don't let me fool you. A pickling cucumber is the best cucumber for pickling because it has a thicker skin. But all cucumbers are delicious raw too!!

Bulb Fennel - bag and store in refrigerator. Smells like licorice, the leaf can be used as a garnish or added to salad dressing, replace for dill in most recipes nice addition to desserts. Can also make an ice tea. Steep in just boiled water for 5 minutes and add ice. Bulb can be grated into stir fry and salads. Nutritionally high in vitamins A and calcium, potassium and iron; low in calories.