



## Newsletter Week A Box 1

This is a B week so, Meadowood Drive, Woodcroft Circle, Hybrid Fitness, Golds Gym and Lewis St Platteville will be this Friday June 11 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday June 12, and Independence Park Farmers Market and Glenwood Sunday Market 9 am June 13. Come as early as you can to insure quality and freshness. Please bring two bags with you. UNFOLD boxes by pressing from the middle towards the wall of box, seem will fold back and disconnect, then flatten and keep reusable. DO NOT TEAR OPEN, PLEASE OH PLEASE.

### What's in the box?!

- Red Leaf Lettuce – bag and store in refrigerator.  
Rich in chlorophyll, iron and vitamins A and C.
- Leaf 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. Nutritionally high in vitamins A and calcium, potassium and iron; low in calories.
- 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 ½ lb bag – 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.
- Shelling Peas – 1 lb bag – store in refrigerator. Blanch or steam for 2-4 min's add to dishes or eat plain with butter to enjoy the flavor. To freeze, shell then blanch for 2 min's. Rinse under cold water, drain well and pack into airtight containers such as ziplock bags.
- 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.
- Green Onions – fresh onions, tops can be used.
- Baby Leeks – Flat leaf, mild onion.
- 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 were really wet!! over the course of one week we got 4 inches. Not too bad but no field work.

We stayed busy weeding and harvesting. Looks like the late frost has claimed our strawberries. We were hoping they would fruit again but that hasn't happened yet. The raspberries look plentiful though! The boys are out of school and have been helping a lot on the farm. Its been a real treat to hang out with our kids and keep getting work done!!

