



~ Week B Box 10! ~

This is the last B week so, Meadowood Drive, Woodcroft Circle, Hybrid Fitness, Golds Gym and Lewis St Platteville (after 4 pm) will be this Friday October 22 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday October 23, and Independence Park Farmers Market and Glenwood Sunday Market 9 am October 24. Have a wonderful, joyful, health filled winter!

What's in the box?!

- Greentop Carrots – Greens can be used like parsley, high in Vitamin A and beta carotene, fiber, calcium, potassium and other trace minerals. Best raw! Separate greens for storage. Greens can be dried – hung upside down out of sunlight for later use. Carrots store in bag in refrigerator.
- 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.
- Newly Dug Potatoes – Purple- no bag in warmer drawer of refrigerator. They are beautiful and DELICIOUS! 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.
- Sweet Onions and Shallots – 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.
- Garlic – is a wonderful probiotic, boosts immune system and increases health. For long time storage, mince into airtight container and cover with olive oil. (though I am sure this will go fast in the kitchen anyways!) let the garlic dry out on the counter, too.
- Jerusalem Artichokes/Sunchokes – good source of iron and niacin and contains inulin making it a great choice for diabetics. Can create lots of air in people so best to add

cumin seeds, coriander seeds and grated ginger (this combination is great in aiding digestion for any airy dish) to the root roast or soup containing Sunchokes :) Sunchokes are the only native vegetable to this climate that I know of!

- Acorn Squash – Winter Squash is an important source of Vitamin A and potassium; high in fiber and complex carbohydrates. DELICIOUS in Thai and curry dishes. We bake winter squash whole generally 400 degrees for 45 minutes or until the shell is easy to push in. That way the squash holds all of its moisture. Then cut open, remove seeds and add butter or use in a recipe.
- Scarlet Turnips and Purple top Turnips-bag and store in refrigerator. good source for vitamin C, potassium and calcium. Delicious steamed and served plain with butter or add to stir fry or grate into salad. These Turnips are super sweet and DELICIOUS!! Steam and taste test for fun or just create a delicious mixed turnip dish.
- Black Spanish Radishes(black skin, round) and China Rose Radishes (oblong, red) 94% water with modest nutritional value of potassium, phosphorous, magnesium and iron. Also, beneficial blood cleansers and digestive aids. Cook as you would a turnip or grate raw into a salad. Skin holds the bulk of nutrition and is best to leave on.
- CHESTNUTS!! - our special treat to you. I met these farmers recently and was impressed with their farm. Legacy Chestnuts is a family farm with 700 chestnut trees raised organically. We attached their email so you can look at their suggestions for how to store and prepare. I love fire roasted chestnuts that we would get at a Christmas festival every winter. I roasted some in the oven last night. DELICIOUS!! We ate as many as we wanted and tonight I am going to crack the rest and add to a stir fry :) They are high in protein and potassium. We have some planted but it will be 10 years before we get to harvest them! Please savor and enjoy!!

On the farm this week.

The weather is cooling off and the sunsets have been amazing. We moved the young hens up with the older hens. The crew has been focusing on cleaning up and consolidating animals before the hoses freeze. Coops are getting maintained and prepared for winter. The cabbage was picked right before a freeze a couple of days ago. We were letting it size up as much as possible till that day. It is super delicious as are all the roots. They get sweeter after the frosts but before the freezes. Carrots, turnips and potatoes will soon get all harvested before the freezes get longer.

Thanks again for all of your support. It was a yummy year full of diverse nutritious edibles. We

hope to have the survey out in a couple of weeks along with our plan and soon to follow our 2011 application. Thank you, Thank you :)