



Newsletter Week B Box 2

This is a B week so, Meadowood Drive, Woodcroft Circle, Hybrid Fitness, Golds Gym and Lewis St Platteville (after 3:30 pm) will be this Friday June 25 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday June 26, and Independence Park Farmers Market and Glenwood Sunday Market 9 am June 27. Come as early as you can to insure quality and freshness. UNFOLD boxes by pressing from the middle towards the wall of box, seem will fold back and disconnect, then flatten and keep reusable.

What's in the box?!

- Green Romaine Lettuce – bag and store in refrigerator. Rich in chlorophyll, iron and vitamins A and C.
- 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.
- 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.
- Green Top Spring Turnips -bag and store in refrigerator. Use leaves soon. good source for vitamin C, potassium and calcium. Delicious steamed and served plain with butter or add to stir fry or grate into salad.
- Bunched 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.
- 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.
- Rainbow Chard– store in bag in refrigerator, best to use within 4 days. high in chlorophyll, vitamins A, E and C, raw or slightly cooked. In salads, steamed or

boiled for under 10 minutes.

- Pak Choi – bag and store. Thick juicy stalks and bright green leaves. small amounts of vitamins A and C along with fiber and very few calories. Great in a Stir Fry! Remove outer leaves only before use because they protect the moisture and quality. Will store for more than 2 weeks.
- Napa Cabbage – use like Pac Choi, has a Romaine Lettuce look but different. Can be added to salad but great in stir fry. Lasts a long time, peel outer layer before use.
- Snow 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.
- Mini White Onions - 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.
- Baby Leeks – Flat leaf, mild onion.
- 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!)
- Purple and/or Green Kohlrabi with green tops. Store leaves and globe separately. Use greens within 5 days, globes will last for over a month. Bag Leaves, store all in refrigerator. High in vitamins A and C and minerals potassium and calcium. Use greens like kale or chard, can remove rib if you want. Peel globe and add to salad, stir fry, blanch, steam, mash, or even stuff! They are very fun, yummy and versatile!
- SHIITAKES! - special treat – decreases fat and cholesterol in the blood and helps discharge the excess residues of accumulated animal protein. Good source of germanium which improves cellular oxygenation and enhances immunity. Wash well before preparing to cook. Slice, dice or grill whole. Add to stir fry (great with Napa Cabbage, Snow Peas and Garlic)

On the farm this week.

Still wet!! But there seems to be sunshine in the near future long enough to catch up in the field. Staying busy and trying to balance by taking second breakfast, lunch and dinner breaks!

We avoided working past 8 pm this week!! Time to celebrate :)