



Newsletter Week B Box 3

This is a B week so, Meadowood Drive, Woodcroft Circle, Hybrid Fitness, Golds Gym and Lewis St Platteville (after 4 pm) will be this Friday July 9 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday July 10, and Independence Park Farmers Market and Glenwood Sunday Market 9 am July 11. 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 Beans – will keep for up to a week. Good amounts of vitamins A, B1, and B2, calcium and potassium. Steam or simmer for max of 10 min's. Saute, or eat fresh, too!
- Yellow Wax Beans – Same as Green Beans just a different variety and variation of flavor. Have fun with a taste test :) To freeze fresh beans – Blanch in boiling water 2-3 min's, rinse in cold water, drain, dry well (drip dry for up to half hour or lay out on cloth or paper towels) and pack into air tight containers.
- 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.
- Carrots – high in Vitamin A and beta carotene, fiber, calcium, potassium and other trace minerals. Best raw! Carrots store in bag in refrigerator.
- 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.
- Napa Cabbage – has a Romaine Lettuce look but different. Bag and store in refrigerator. Can be substituted for head lettuce in salad and great in stir fry. Lasts a long time. Small amounts of vitamins A and C along with fiber and very few calories. Remove outer leaves only before use because they protect the moisture and quality.

Will store for more than 2 weeks.

- Baby Leeks – Flat leaf, mild onion.
- Red or White Mini Onions
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.
- 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!)
- 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!
- 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.
- Zucchini – (is a 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!
- 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.

On the farm this week.

We have been blessed with a couple volunteers and one more intern so our crew has grown and the days are becoming more reasonable. That's good news :) The rain let off long enough to get our 2nd planting of potatoes in. We have lost our winter squash crop but our Amish friend has planted some for us so we will have plenty of butternut squash in the fall. Lettuce is done until late summer early fall when we will have broccoli and cauliflower again, too. We'll be planting our fall crops in the next week or so to ensure all the yummy vegetables seasonal continuation. It seems like the tomatoes will be ready in 2 weeks or so.