



~ Week B Box 4 ~

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 23 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday July 24, and Independence Park Farmers Market and Glenwood Sunday Market 9 am July 25. 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?!

- Purple Beans – will keep for up to a week. But use soon because they looked less than perfect! 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! 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.
- Carrots – high in Vitamin A and beta carotene, fiber, calcium, potassium and other trace minerals. Best raw! Carrots store in bag in refrigerator.
- Lacinato 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.
- Cabbage – store in refrigerator. 15 calories per 1 cup cooked cabbage! 90% water, with significant amounts of vitamins A and C, calcium, potassium and magnesium. Remove outer leaves only before use because they protect the moisture and quality. Will store for more than 2 weeks. Can be shredded into summer salads, cole slaw, steamed, saute, stir fried, boiled for under 5 min's good alone or mixed with other veggies. Please do not be alarmed if you find some bugs just wash them off :) It is a good sign when nature likes what you like. Means its good!!
- Newly Dug Potatoes – no bag in warmer drawer of refrigerator. We packed them dirty because washing them damages their tender skins. 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 Italian Bottleneck Onions (Torpedo Onions)
Onions which shallots are included also strengthen the body's 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.
- 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.
- 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. 7 min's.
- Cauliflower – 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.
- SAGE – Not the wise man, nor the incense. This is the culinary herb – sage. A little lore: In the middle ages, sage was thought to impart wisdom and improve the memory. It was valued for restoring energy, lifting the spirit, and promoting longevity. Sage is a great addition to meat dishes and aids the digestion of fatty meats. It is also delicious with potatoes or added into cornbread. Simple Sauce: 1 stick of butter, 1/8 - 1/4 cup fresh chopped sage, 2-4 cloves garlic, 1/2 cup grated asiago or parmesan or mozzarella cheese. Melt butter in small saucepan over low heat add garlic till garlic begins to become translucent then add sage, keep stirring but don't let the butter burn! Then add to toast, pasta, omelets or whatever!

On the farm this week.

Well, we have a little tour happening this Saturday from 10-noon and a picnic. We'll visit the animals fields and perennial forest.

This week we moved all of the animals. I got some good video and as soon as I have a moment I will post it on youtube! The geese and ducks about 140 birds hiked up the hill to green

pasture. The chickens moved to a new house and the piglets took the chickens old house. It was a fun day! We got more rain, but that is fine by us. We needed it. So funny how nature goes back and forth between saturation and drought. Hoping the tomatoes come around soon. We got a very small harvest. Not enough for the members but a little for market. So that is a good sign for next share.