



~ Week B Box 9! ~

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 October 8 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday October 9, and Independence Park Farmers Market and Glenwood Sunday Market 9 am October 10. There is one more box after this for our B week Members. October 22-24. Hope the veggies have filled your palates with delicious nutrition!

What's in the box?!

- Rainbow Chard– store in bag in refrigerator, best to use within 4 days. But will last 2 weeks. high in chlorophyll, vitamins A, E and C, raw or slightly cooked. In salads, steamed or boiled for under 10 minutes. Add the beet greens to your chard bag and double your greens.
- Newly Dug Potatoes – Fingerlings, Purple, and SWEET- 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. To versatile to list how many ways to eat potatoes.
- Sweet Onions, Yellow Cipollinis, Red Cipollinis 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.
- Green Peppers – the pepper crop was no where near as fruitful as last year. We have waited patiently to attempt to get you ripe red or yellow peppers but it didn't happen. The frost is supposed to hit tomorrow so we picked them green. They are super yummy anyway :) High levels of vitamins, A, C and E and the minerals iron and potassium.
- Green Beans – will keep for up to a week. SPECIAL, in season but not really. We

planted them in hopes it would work and it DID :) 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.

- Orange Kabocha – Winter Squash is an important source of Vitamin A and potassium; high in fiber and complex carbohydrates. DELICIOUS in Thai and curry dishes, and of course PIE!!
- 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.
- Celery – 94% water but also contains vitamins A, C, B-complex, and E with a variety of minerals, too! Celery can be wrapped in a damp paper towne in a plastic bag to store for up to 2 weeks, or in an upright dish with an inch of water. It can also be sliced and frozen. Great fresh in salads and fresh or frozen in soups and stir frys.
- 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.

On the farm this week.

Things have slowed down a lot! We are winding 2010 down and already thinking about 2011. We will be sending out a survey soon to ask how things went and ask you about our ideas and your opinions on them. We are getting fields ready to measure and think seriously about how many people we can serve without planting in the bottom grounds. In the meanwhile, the animals are still as happy go lucky as can be. This picture doesn't portray the humor we had hoped. One of the piggies decided to take a nap in the feed trough. Probably, trying to reserve the food for herself!

IF YOU WANT EGGS THEY NEED TO BE RESERVED FOR INDEPENDENCE PARK,  
OAK PARK AND CBG. So please let us know in advance.