



Group B Box 4

We have some date announcement/reminders. There will be NO CSA the weekend of July 29-31. It is the 5th weekend of the month. Group A Summer Shares begin August 5-7 and Group B Summer Shares begin August 12-14.

What's in the box?

Green Kale, Carrots, Leek, Parsley, Garlic Scapes, Celery, Cucumbers, Yellow and Green Zucchini, Kohlrabi, Broccoli, Cauliflower, Arrow Cabbage, Green Beans, Torpedo and Sweet Onions, New Potatoes.

Parsley - place standing in a bit of water for good short term storage. Parsley has more Vitamin A than carrots and more Vitamin C than oranges!! add to salads, pasta, stir-fries. Parsley is famous for freshening the breath after eating a meal.

Leeks - look like scallions but they have a flat leaf. They are milder than scallions but can be used the same.

Carrots - high in Vitamin A and beta carotene, fiber, calcium, potassium and other trace minerals. Best raw! Carrots store in bag in refrigerator. Can use the tops as an herb in soups, roasts, or stir fries.

Green 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. Cook under 10 min's.

Arrow Head 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!!

Celery - bag and store in refrigerator. Celery is 94% water, and contains vitamins A, C, B-complex, and E with a variety of minerals. Add it to salads, casseroles, soups, stews and stir fries.

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!

We have many varieties this year. Enjoy a fresh 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.

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!

New Potatoes - Packed dirty because their skins are very delicate! They are a special treat. No plastic bag in warmer drawer of refrigerator. 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.

Fresh Garlic - Fresh as in not cured, as you will see peeling a fresh garlic is different than cured garlic. no bag in refrigerator. Garlic strengthens the bodies health. The raw bulbs are the most potent as medicine.

Zucchini and Patty Pan- (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!

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. Don't let me fool you. A pickling cucumber is the best cucumber for pickling because it has a thicker skin. But all cucumbers are delicious raw too!!

Torpedo and Sweet Onions - no bag in refrigerator. Onions 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. Tops can also be used.

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.

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.

Garlic Scapes - bag in refrigerator. Garlic Scapes are the soon to flower part of the plant. We pull them out which gives you a delicious treat for you and helps the plant make a bigger garlic bulb. Use like scallions or garlic in any recipe. Garlic strengthens the bodies health. The raw bulbs are the most potent as medicine.