



Week A Box <<10>>

This is the last box for the A group members. Thank you all for your support this season. It was a tough one but we made it. Time to celebrate. Toast to the Kings Hill Farm crew for making the veggies happen, YAY!! This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday October 15 after 2 pm. Atomic Ice Cream 148 High Street Mineral Point 9 am, Green City Market 7 am Saturday October 16, and Chicago Botanic Garden Farmers Market 9 am October 17. Come as early as you can to insure quality and freshness. Please bring two bags with you. UNFOLD boxes at seems to flatten and keep reusable.

What's in the box?!

- 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.
- 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.
- 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!) Also, can be hung by long stem in dark place to cure for later use.
- Leeks – a mild onion relative, delicious in soups also great raw. Steam alone to taste the delicious special flavor. The whole thing is completely wonderful. As you cut up the base of the leek, there may be dirt up towards the leaves, just continue to rinse and cut some more.
- Freshly Dug Carola Potatoes – 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. Too versatile to list how many ways to eat potatoes.

- Jerusalem Artichokes/Sunchokes – good source of iron and niacin and contains inulin making it a great choice for diabetics. Can create lots of air in people so best to add cumin seeds, coriander seeds and grated ginger (this combination is great in aiding digestion for any airy dish) to the root roast or soup containing Sunchokes :) Sunchokes are the only native vegetable to this climate that I know of!
- Sweet Onions and Shallots – Onions 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. The sweet onions have a shorter shelf life than the shallots but both are best stored in the fridge. The shallots can last until next season but enjoy them till they are gone and look forward till next season!
- Acorn Squash – Winter Squash is an important source of Vitamin A and potassium; high in fiber and complex carbohydrates. DELICIOUS in Thai and curry dishes. We bake winter squash whole generally 400 degrees for 45 minutes or until the shell is easy to push in. That way the squash holds all of its moisture. Then cut open, remove seeds and add butter or use in a recipe.
- Scarlet Turnips and Purple top Turnips – bag and store in refrigerator. good source for vitamin C, potassium and calcium. Delicious steamed and served plain with butter or add to stir fry or grate into salad. These Turnips are super sweet and DELICIOUS!! Steam and taste test for fun or just create a delicious mixed turnip dish.
- CHESTNUTS!! – our special treat to you. I met these farmers recently and was impressed with their farm. Legacy Chestnuts is a family farm with 700 chestnut trees raised organically. We attached their email so you can look at their suggestions for how to store and prepare. I love fire roasted chestnuts that we would get at a Christmas festival every winter. I roasted some in the oven last night. DELICIOUS!! We ate as many as we wanted and tonight I am going to crack the rest and add to a stir fry :) They are high in protein and potassium. We have some planted but it will be 10 years before we get to harvest them! Please savor and enjoy!!

On the farm this week.

Our Indian summer has been incredible. We planted flower bulbs and garlic in 80 degrees!! Amazing. Joel has been prepping the ground for next year and cleaning up the fields with the crew. We'll be making some animal coops soon to get ready for all the new birds staying warm

this winter. After next week, we will be planning and deciding how many members we can feed next season. We are hoping to feed you all again, so please keep your eye out for our survey which will be coming out in a few weeks. Thanks again for eating with us!!