



Week A Box 2!!

This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday June 4 after 2 pm. Mineral Point Market 8:30 am, Green City Market 7 am Saturday June 5, and Chicago Botanic Garden Farmers Market 9 am June 6. 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?!

- Green Bib Lettuce – bag and store in refrigerator.
Rich in chlorophyll, iron and vitamins A and C.
- Baby Bulb Fennel – bag and store in refrigerator. Smells like licorice, the leaf can be used as a garnish or added to salad dressing, replace for dill in most recipes nice addition to desserts. Can also make an ice tea. Steep in just boiled water for 5 minutes and add ice. Bulb can be grated into stir fry and salads
Nutritionally high in vitamins A and calcium, potassium and iron; low in calories.
- 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.
- Pak Choi – bag and store. Thick juicy stalks and bright green leaves.
small amounts of vitamins A and C along with fiber and very few calories. Great in a Stir Fry! Remove outer leaves only before use because they protect the moisture and quality. Will store for more than 2 weeks.
- Radishes – bag and store in refrigerator
root - traces of potassium, phosphorous, magnesium and iron. Leaf – excellent source of vitamins A, C and the B's. blood cleansers and digestive aids.
Add to mixed salad or grate and add your favorite salad dressing. Stir fry or steam, as well.
- Spring 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.

- Snow Peas ½ lb bag – store in refrigerator
excellent source of vitamins A,C, K and the B's. High in minerals iron, potassium, and phosphorous. High- protein, carbohydrate and fiber.
Eat raw whole or chopped in salad or plain. Cook for under 2 min's in stir fry.
Enjoy within a few days.
- Shelling Peas – 1 lb bag - store in refrigerator. Blanch or steam for 2-4 min's add to dishes or eat plain with butter to enjoy the flavor. To freeze, shell then blanch for 2 min's. Rinse under cold water, drain well and pack into airtight containers such as ziplock bags.
- Mini White Onions - no bag in refrigerator
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.
- Green Onions – fresh onions, tops can be used.
- Baby Leeks – Flat leaf, mild onion.
- Purple and/or 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!
- Potatoes – no 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.
Too versatile to list how many ways to eat potatoes.

On the farm this week.

We are still really wet! We need to ask and receive some dry days in a row to catch up. Fortunately, we were ahead of the game before the rains began but we will be hand planting the winter squash and pumpkins because we are running out of time and they are starting to flower in the greenhouse! Otherwise we may have a hiccup (a break in successions) in lettuce, but all else is still going as planned. We have some very healthy looking melons!! Very exciting!
Also, the raspberries are beginning to ripen, even more exciting!!

