



## Week A Box 3!

This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday July 2 after 2 pm. Mineral Point Market 8:30 am, Green City Market 7 am Saturday July 3, and Chicago Botanic Garden Farmers Market 9 am July 4. 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?!

- Red Leaf 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.
- 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. Will post recipe comment on website :)
- Napa Cabbage – has a Romaine Lettuce look but different. Bag and store in refrigerator. Can be added to salad but great in stir fry. Lasts a long time. Small amounts of vitamins A and C along with fiber and very few calories. Remove outer leaves only before use because they protect the moisture and quality. Will store for more than 2 weeks.
- Bunched 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.

- 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.
- 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!
- 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.
- 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.
- 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.
- 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!
- 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.

On the farm this week.

Yay! Sunshine :)

Between moments Joel hops on the tractor and preps ground to attempt to catch up. Farming food for people is an endless game of chase with weather and seasonal changes. We are very grateful for such a caring crew this season. They all are soo helpful and understanding of the needs and timelines that happen weekly.

Though, the berries look plentiful. When we pick them they don't amount to much yet. Just a

little invitation to any members who would like to come out and enjoy the baby berry patch this season. Seems the big harvests will have to wait till they are a little older. We will get our B week members some shiitakes next pick they flush. (after a good rain) which we hope will hold off for a bit!