



Week A Box 4!

This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday July 16 after 2 pm. Atomic Ice Cream 148 High Street Mineral Point 9 am, Green City Market 7 am Saturday July 17, and Chicago Botanic Garden Farmers Market 9 am July 18. 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?!

- 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.
- Carrots – high in Vitamin A and beta carotene, fiber, calcium, potassium and other trace minerals. Best raw! Carrots store in bag in refrigerator.
- 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!
- Yellow Wax Beans – Same as Green Beans just a different variety and variation of flavor. Have fun with a 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.
- 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.
- 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.
- Zucchini – (is a 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!

- 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.
- CORN!!! Fresh, cooked proper corn, offers a significant amount of vitamin A, B-complex, phosphorous, and potassium, along with vegetable protein. Corn is very difficult to grow organic. In this time, farmers spray their corn with pesticides for the corn worm and herbicides for the weeds. We have sprayed nothing on this corn and you can taste it. SOOOO SWEET! So, you may find little friends on the top of the corn but you can cut them and their damage off of the cob and continue grilling, or add to salad, boil for under 5 min's for superb flavor. Enjoy! - It is summer -

On the farm this week.

Well there is a lot of different news to be had. Dottie our sow died this week after birthing a litter of 12 piglets. We'll miss her. Stephanie and Melissa have taken on mommy status and have been feeding the piglets every four hours. They are getting raw goat milk, which is the next best thing.

WE TRANSPLANTED!!!!

This is very good news for the next harvests of lettuce, cabbage, cauliflower, broccoli, fennel, and brussel sprouts. Next week is the onion harvest. All the onions get brought into the shed put on screen tables and cure for use and storage till next spring.

FARM TOUR

July 24 10 am – noon. Picnic and explore Mineral Point or hike the farm.

For more information on the travel from Chicago to Mineral Point, please call or email.

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