



Week A Box 5!

This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday July 30 after 2 pm. Atomic Ice Cream 148 High Street Mineral Point 9 am, Green City Market 7 am Saturday July 31, and Chicago Botanic Garden Farmers Market 9 am AUGUST 1.

Welcome Summer Season Share members. This is your first box for the above pick up sites.

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?!

- 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.
- 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!
- 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!

- 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. Cook under 10 min's.
- Newly Dug Potatoes – no bag in warmer drawer of refrigerator. We packed them dirty because washing them damages their tender skins. 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. To versatile to list how many ways to eat potatoes.
- Sweet Onions and Italian Bottleneck Onions (Torpedo Onions)
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.
- 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 -
- SHIITAKES! - special treat – decreases fat and cholesterol in the blood and helps discharge the excess residues of accumulated animal protein. Good source of germanium which improves cellular oxygenation and enhances immunity. Wash well before preparing to cook. Slice, dice or grill whole. Add to stir fry (great with Napa Cabbage and Garlic)
- Cherry Tomatoes – Native to Peru and first cultivated by the Aztecs and Incas!! Blood purifier, encourages proper digestion and tonifies the stomach and cleans the liver. Delicious!

On the farm this week.

This week started off with a flood. 6" in one night! So, the good news is we will continue to fill the boxes to the best of our ability and the bad news is we don't have much more than that.

The transplants made it through just fine but our tomatoes, potatoes, and celery/celeriac were damaged significantly. We will have enough as I mentioned but no mass harvesting this late summer early fall season. Joel will be planting the fall crops this coming week. The veggies will continue. So no worries for the members!

