



Week A Box 8!

As Autumn replaces summer, we all feel the growing season coming to an end. This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday September 17 after 2 pm. Atomic Ice Cream 148 High Street Mineral Point 9 am, Green City Market 7 am Saturday September 18, and Chicago Botanic Garden Farmers Market 9 am September 19. 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 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. Please do not be alarmed if you find some bugs just wash them off :) It is a good sign when nature likes what you like. Means its good!!
- 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.
- Green Curly 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.
- 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.
- Freshly Dug Mixed Potatoes (Red, Carola, Russet) – 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.

- Sweet Onions, Italian Bottleneck Onions (Torpedo Onions), red onions, cipolini's and shallots - 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.
- Heirloom 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!
- Pumpkin and Butternut Squash - Winter Squash is an important source of Vitamin A and potassium; high in fiber and complex carbohydrates. DELICIOUS in Thai and curry dishes, and of course PIE!!
- Jalepeno Peppers - Just a couple but if you are leery of spicy peppers you can share them with a spicy happy friend :)
- Sage - (a little lore from the middle ages) Sage was thought to impart wisdom and improve the memory. It was valued for restoring energy, lifting the spirit and promoting longevity. Butter Sage Sauce - Melt ½ cup butter over low heat. Add 1/8-1/4 cup chopped sage. Remove from heat and add ¼ cup pine nuts and ½ cup asiago cheese (or other hard cheese). YUMMY!! Top noodles, potatoes, rice or whatever :)
- Mixed Beets - high in nutrients, vitamins A and C, calcium and iron. At the festival I just got home from they made a dish with raw grated beets. I think it had lemon juice and honey in it. Like a sweet raw salad. Very good!

On the farm this week.

So, we have made our first purchase from Keewaydin farm. The butternuts, pumpkins, beets, and jalepenos are from our old home town, Viroqua! We are having a tour this coming Monday here. Therefore, we spent the week weeding the perennial forest getting it nice and pretty. For the tour, but also for the spring preparation. Soon, we will be building new coops for the juvenile birds and cleaning up for winters cold.

Enjoy these warm days while they last. I like to just go sit outside and soak up the sun. This time of year, I feel the temporariness of the warmth. Hold on tight. Save it in a bottle for the cold dark nights of winter!!

