



~ Week B Box 5 ~

This is a B week so, Meadowood Drive, Woodcroft Circle, Hybrid Fitness, Golds Gym and Lewis St Platteville (after 4 pm) will be this Friday August 6 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday August 7, and Independence Park Farmers Market and Glenwood Sunday Market 9 am August 8. **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. UNFOLD boxes by pressing from the middle towards the wall of box, seem will fold back and disconnect, then flatten and keep reusable.

What's in the box?!

- 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.
- 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. 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!!
- 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 - 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.
- 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!) let the garlic dry out on the counter, too.

- 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.
- 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 -
- 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!
- Heirloom Tomatoes – We tried to pick the soon to be ripe ones over ripe right now just so they make it to your kitchen without turning to mush. So, you can set the firm tomatoes out on the counter for a day or so and it should ripen and soften.
- SUN JEWEL ASIAN MELON!! - It looks like a cucumber but it is yellow and ribbed. It's a melon :) YUM!! Similar to cucumbers in nutritional value.

On the farm this week.

We have had an amazingly productive week. We planted another transplant of brassicas, lettuces, fennel and scallions. Joel planted peas, beans, beets, carrots, radishes and turnips.

The peas are already germinating! We picked the heirloom tomatoes. This is the most interesting year for tomatoes here. Never seen plants or fruit like this but then again, we have never experienced so much rain in such a short amount of time! The melons are starting to ripen and they are delicious. We picked elderberries, aronia, raspberries and sumac and made a 2 gallon batch of juice, also super delicious. Next year is looking fruity already.

IF YOU WANT EGGS THEY NEED TO BE RESERVED FOR INDEPENDENCE PARK,
OAK PARK AND CBG. So please let us know in advance.