



~ Week B Box 6! ~

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 20 after 2 pm. Oak Park Farmers Market for Oak Park members 7 am Saturday August 21, and Independence Park Farmers Market and Glenwood Sunday Market 9 am August 22. There is NO CSA next weekend! Please make sure that you have that in your calendar!! Also, I want to thank you all for taking care with the boxes. It has made a huge difference to be able to recycle and reuse so many boxes! Please oh please, come as early as you can to insure quality and freshness.

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. 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 – French Fingerlings and Russian Bananas - 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, Yellow Cipollinis, Italian Bottleneck Onions AND Shallots - 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.
- Yellow Zucchini and 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!
- 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 pack 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.
- Purple Beans – will keep for up to a week. But use soon because they looked less than perfect! 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! 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.
- SHITAKES! - 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
- Leeks – Flat leaf, mild onion. Great in stir fry or the never fail Potato Leek Soup :)

On the farm this week.

Well, We have assessed the flood damage. It doesn't look pretty. We have lost a lot. We know for next year to down scale to the size of our hill top ground. Oh well, live and learn right?! We will continue to prioritize CSA and you may see honey and eggs in your boxes to make up for lack of veggies later in the season. Wish us luck, it has been a heck of a year. Farming is an art that we must respect mother nature to get our bounty. She is not so happy. I think we all need to pause and think of what we can do to show we care for this world in which we live! Thank you for choosing to support local food and be aware of the issue of food. It is very important. So drink a cup of Tulsí Honey Tea and give thanks for our family, friends and the earth we live on!

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