



## Week A Box 6!

This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday August 13 after 2 pm. Atomic Ice Cream 148 High Street Mineral Point 9 am, Green City Market 7 am Saturday August 14, and Chicago Botanic Garden Farmers Market 9 am August 15. 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. 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.
- 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!
- 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. Too versatile to list how many ways to eat potatoes.
- Sweet Onions and Italian Bottleneck Onions (Torpedo Onions)  
Onions strengthen the body's 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 -
- Cherry Tomatoes and 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!
- 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.

Unfortunately, I do not have much dry news to share. We got another 4" this week. The river came back up. The transplants and freshly seeded crops took a big hit! The birds and piglets are doing well. Our crew is doing great considering the weather they are enduring. These hot days are like a sauna that you can't step out of :) But the days are to be enjoyed, cuz soon enough it will be cold out.

This is a pic of a spider eating a wasp! Very cool!