



Week A Box 7!

And we are back!! So sorry for the confusion. Why does August have 5 weekends? We will never know - This is an A week so, Manna Cafe, Vom Fass, UW Vet School, and On Farm pick up will be this Friday September 3 after 2 pm. Atomic Ice Cream 148 High Street Mineral Point 9 am, Green City Market 7 am Saturday September 4, and Chicago Botanic Garden Farmers Market 9 am September 5. 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?!

- Red 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!
- 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 Red Potatoes – 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. To versatile to list how many ways to eat potatoes.
- Sweet Onions, Italian Bottleneck Onions (Torpedo Onions), red onions, cipolini's and shallots and green onion bunch! - 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! We cut the tips off of the corn this time, we have just enough for two weeks of CSA! Very pleased to have had so much bounty. We had 3 separate plantings to be able to have a longer corn season. Enjoy grilling, or add to salad, boil for under 5 min's for superb flavor. Enjoy!
- 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!

On the farm this week.

In the coming weeks, we will be buying some organic local produce from our farmer friends Keewaydin Farm. They have access to a whole pool of experienced organic growers. What I found out recently is that many farms are having a difficult year. I am not happy to hear that, but it did make me feel better! On the other side of that note would be where will our food come from this winter? Oh Mother Nature please be kind! I can only kind of imagine what life would be like without grocery stores.

On a lighter note, the perennial forest is Super Beautiful! We are slowly making our way

through weeding and mulching, picking and munching on berries and admiring how amazing our fruit orchard is :)

Also, fun this week. My family came from Alabama and Arkansas. They got to be here for a big animal move. We moved the pigs, geese, and ducks together into a lush field of clover. The animals are very happy!!