



Blueberries



Onions



Blue Oyster Mushrooms



Carrots



Corn



Squash



Beets



Peaches



Cucumber



Tomato

COME SAY HELLO!

Wednesday

Farmstand @ 592 Chase Rd
Noon - 6pm

Thursday

Falmouth Farmers' Market
Noon - 6pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Friday

Dartmouth Farmers Market
1pm - 6pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Saturday

Provincetown Farmers' Market
9am - 3pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Sunday

SoWa Open Market
10am - 4pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Half Share: Squash, Blueberries, Onions, Blue Oyster Mushrooms, & Carrots

Vegetable of the Week

Onions

Onions are a large part of our weekly diets due to their versatility. But their commonality can often make us forget how interesting this vegetable is! Onions get their pungency from sulfur compounds in the soil, and when you cut onions and start to cry that is because the sulfuric acid is being

released. Ancient folklore claims that onions can predict the weather. One tradition says that the thickness of an onion's skin can predict how severe the following winter will be. There's even a little rhyme that goes, "Onion skins very thin, mild winter coming in; Onion skins thick and tough, coming winter cold and rough." We're all New Englanders here, that said, we hope the onion skins in your CSA this week are very thin!



You can view all of our favorite "vegetable of the week" facts and recipes [HERE](#)