

Full Share:



Strawberries



Rhubarb



Scallions



Kale



Snap Peas



Head of Lettuce



Mint



Flowers

Half Share:

Strawberries, Rhubarb, Scallions, and Snap Peas

Vegetable of the Week



Strawberries

Okay so, they're not a vegetable, but how can we not feature strawberries this week?! Strawberries are a perennial and are the first fruit to ripen each Spring. They are the only fruit that has seeds on the outside, and each one has an average of 200 seeds on it! The name can be misleading, as the strawberry is not technically a berry, it is actually a member of the rose (rosaceae)

family. Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fiber, folic acid, manganese and potassium. They also contain significant amounts of phytonutrients and flavanoids which makes strawberries bright red.

To store fresh strawberries, wash them and cut the stem away. However, if you plan to keep them in the fridge for a few days, wait until before you eat them to clean them. Rinsing them speeds up spoiling.

COME SAY HELLO!

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

SoWa Open Market
10am - 4pm
Provincetown Farmers' Market
9am - 3pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Sunday

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

You can view all of our favorite "vegetable of the week" facts and recipes [HERE](#)
Obviously, this week we are featuring a strawberry rhubarb pie!