

Full Share:



Kale



Lettuce



Scallions



Shitake Mushrooms



Strawberry Jam



1/2 Dozen Free Range Eggs



Pea Tendrils



Thyme

Half Share:

Kale, Head of Lettuce, Strawberry Jam, Shitake Mushrooms

Vegetable of the Week:



SHITAKE MUSHROOMS

Translated from Japanese, "shii" refers to the tree on which these mushrooms originally grew, while "take" simply means mushroom. These little beauties are venerated not just because of their primordial origin, but because of the many health-boosting properties they contain, discovered over centuries of ancient medicine. Shiitake mushrooms are famous for their rich texture and smoky flavor.

When compared with white button mushrooms, shiitakes are purported to have more than ten times the flavor.

Keep the mushrooms refrigerated in a paper bag for up to a week. Just before use, wipe them with a clean, damp cloth to prevent sogginess. Sautéing shiitake mushrooms gently is the best cooking method to keep the good stuff good, both taste-wise and nutritionally.

COME SAY HELLO!

Thursday (6/15)

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

Friday (6/16)

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

Saturday (6/17)

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

Sunday (6/18)

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 at:
www.silverbrookdartmouth.com/veggie-of-the-week/

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!

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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!



Strawberries



Snow Peas



Thyme



Kale



Bunching Onions



Parsley



Duck Eggs



Blueberry Jam



Rosemary

Half Share:

Strawberries, Kale, Snow Peas, Thyme, and Parsley

COME SAY HELLO!

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Vegetable of the Week

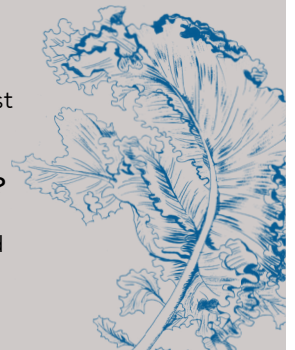
Kale

Kale is among the most nutrient dense foods on the planet. A single cup of raw kale contains vitamins A, K, C, and B6 along with manganese, calcium, copper, potassium, and magnesium. Kale is also very high in antioxidants, which help you fight against infections and protect healthy cells. There are

many varieties of kale - curly kale, flat Tuscan kale, blue kale, red russian kale—the list of varieties that grow throughout the year is almost as long as the ways you can prepare it.

Looking for an easy way to eat this kale tonight?

Simply heat olive oil in a large saucepan over medium-high heat, add the kale, salt, garlic, and a ½ cup of vegetable stock (or water) and then cover and cook for about 5 minutes!





Strawberries



Snow Peas



Head of Lettuce



Kale



Summer Squash



Parsley



1/2 Dozen Eggs



Apple Jam



Mint

Half Share:

Head of Lettuce, Kale, Snow Peas, Parsley, 1/2 Dozen Eggs

COME SAY HELLO!

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Vegetable of the Week

Snow Peas

Snow peas are edible legumes and pea pods that are known as a vegetable, and are believed to be native to the Mediterranean area, not Asia like many assume. They contain peas that can be harvested once ripe, although they may taste different to typical peas, and are not

normally eaten at this stage. They are known and loved for their crisp, sweet pod. Snow peas are very high in vitamin C, and are a good source of vitamins A and K as well as iron and magnesium. Snow peas differ from snap peas in that their pod is much thinner and flatter, but both are often eaten raw in the shell (since they lack inedible fibers like other pea plants) and cooked in stir-fries.





Leeks



Onions



French Radish



Kohlrabi



Kale



Summer Squash



Parsley



Green Beans



Cucumber



Sage

COME SAY HELLO!

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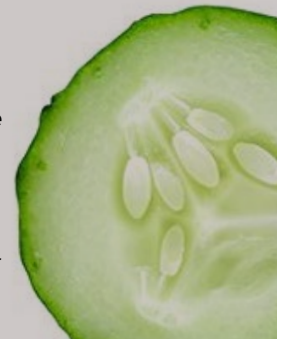
Half Share: Summer squash, green beans, parsley, cucumber, sage

Vegetable of the Week

Cucumber

- Cucumbers are members of the melon family. This means cucumbers are actually a fruit instead of a vegetable.
- Do you have a hard time drinking your eight glasses of water per day? Try munching on some cucumbers. They are made up of 95% water!

- A half-cup of sliced cucumbers has 8 calories and more than 10% of the recommended daily intake of vitamin K.
- Cucumber slices over the eyes may help reduce puffiness, thanks to the fruit's water content and caffeic acid.
- The phrase "cool as a cucumber" comes from the fact that even in hot weather, the inside of cucumbers are approximately 20 degrees cooler than the outside air.





Blueberries



Onions



Blue Oyster Mushrooms



Carrots



Corn



Squash



Beets



Peaches



Cucumber



Tomato

COME SAY HELLO!

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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](#)



Squash



Leeks



Kohlrabi



Carrots



Corn



Cucumber



Beets



Onions



Blueberries



Green Beans

COME SAY HELLO!

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Half Share: Squash, Leeks, Corn, Carrots, Kohlrabi, Cucumber

Vegetable of the Week

Kohlrabi

Part bulb, part bundle of greens, kohlrabi may seem like one of the more intimidating items in your CSA this week, but we're here to help! Part of the brassica family, kohlrabi is packed with vitamin C and potassium. The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter. Kohlrabi can be eaten raw

or cooked. If you choose to go the raw route, it tastes very similar to a radish and can be tossed in a salad, incorporated into a slaw, or eaten by itself with a little drizzle of olive oil and sea salt! If you want to cook your kohlrabi it is great sauteed, roasted, or steamed just make sure you remove the outer layer of the bulb before cooking. The outside layer is rather fibrous and unpleasant. It won't break down after being cooked. Use a sharp knife to remove the skin, as it's often too thick for a traditional vegetable peeler.

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



Squash



Beets



Green Beans



Carrots



Cucumber



Shitake Mushroom



Blueberries



Onions



Bell Pepper



Parsley

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Half Share: Squash, Beets, Cucumbers, Green Beans, and Carrots

Vegetable of the Week

Beets

Beets are in the same plant family as spinach, and are very closely related to Swiss chard. They have been around for a long time, going back to ancient Mesopotamia, Greece & Rome. In the 19th century beets were known as blood turnip because of the colored liquid that leaks from the roots when they are cut or soaked. When harvested, the entirety of

the plant is edible, from the tips of its leaves, down to its long pointed root. They're not only chock-full of essential everyday nutrients like B vitamins, iron, manganese, copper, magnesium, and potassium, these ruby gems also are a goldmine of health-boosting nutrients that you may not get anywhere else. Beets contain betaine, a substance that relaxes the mind and is used in other forms to treat depression. It also contains tryptophan (also found in chocolate), which contributes to a sense of well being.

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



Peaches



Corn



Onions



Rosemary



Cucumbers



Summer Squash



Tomatoes



Carrots



Potatoes

Half Share:

Peaches, Corn, Onions,
Rosemary, Cucumbers

COME SAY HELLO!

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Vegetable of the Week

Peaches

August is national peach month, we're glad we can help you celebrate with this week's CSA! The peach originates in China where it is a symbol of good luck, protection and longevity. Peaches are surprisingly part of the rose family—and so are plums, apricots, and cherries. The fuzz on peach skins is

controlled by a single gene. This means that nectarines are a virtually identical species, not a hybrid of peaches and plums as is sometimes thought. Peaches have many helpful health effects, but we think the most interesting is that it is a good stress-reliever that helps to reduce anxiety – it is often referred to as the 'Fruit of Calmness' in Eastern Europe.





Potatoes



Parsley



Eggs



Tomatoes



Apples



Carrots



Nectarines



Onions



Bell Pepper



Leeks

COME SAY HELLO!

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Half Share: Potatoes, Parsley, Eggs, Tomatoes, Apples

Vegetable of the Week

Potatoes

Mashed, hashed, baked, flaked, chipped, boiled or fried, we love our spuds. More potatoes are consumed in the United States than any other vegetable. While technically a vegetable, they contain a lot of starch that make them more like rice, pasta and bread in terms of nutrition, making them an essential part of the global food supply.

Potatoes are grown in more than 125 countries, but as of 2014, China led the world in potato production, and, together with India, produced 37% of the world's potatoes. French fries are thought to have been popularized in America when Thomas Jefferson served them at a White House dinner. Today, almost a third of the U.S. potato crop goes into making French Fries. McDonald's alone uses roughly 7% of the entire U.S. potato crop for its fries.

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



Potatoes



Carrots



Summer Squash

Half Share:

Potatoes, Carrots, Summer Squash, Tomatoes, Apples

COME SAY HELLO!

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Tomatoes



Apples



Beans



Cabbage



Plum Tomatoes



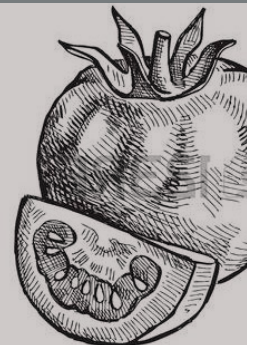
Eggs

Vegetable of the Week

Tomato

Even though tomatoes are botanically classified as a fruit because they have seeds and grow from a flowering plant, the United States Supreme Court classified tomatoes as a vegetable based on the fact that they are usually eaten with dinner and not a dessert so they could be taxed under custom regulations.

They are a good source of antioxidants which benefit heart health and help protect against types of cancer. Surprisingly, cooked tomatoes are in fact more healthy than raw ones, as the cooking process releases more beneficial chemicals. Additionally, tomatoes are a good source of calcium, potassium, vitamin A, and vitamin C. China is the number one producer of tomatoes around the world. The U.S. is second, with Florida producing the majority.

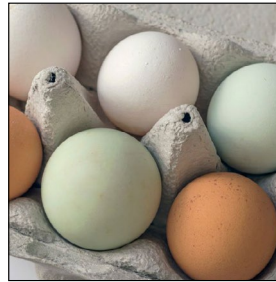




Potatoes



Corn



Eggs



Green Beans



Apples



Spaghetti Squash



Cabbage



Juliet Tomatoes



Peaches



Golden Beets



Leeks

Half Share:

Potatoes, Corn, Eggs,
Green Beans, Apples,
and Spaghetti Squash

COME SAY HELLO!

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Vegetable of the Week

Spaghetti Squash

This unique vegetable produces thin, translucent spaghetti-like strands that can easily be scraped out with a fork after cooked. Not only is Spaghetti Squash a fun food, it's loaded with potassium, Vitamin C, Vitamin A, and other antioxidants. And - to add to the appeal - it's low in calories (only 40 calories in one cup cooked), fat, sodium, and carbohydrates.

We love [THIS](#) simple, illustrated recipe.





Bell Pepper



Potatoes



Apples



Butternut Squash



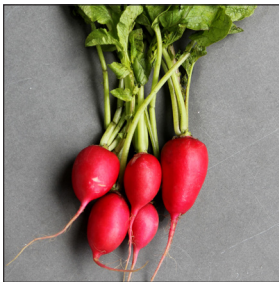
Onions



Cabbage



Jalepeno Peppers



Radishes



Corn



Asian Pears

COME SAY HELLO!

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Half Share: Bell Pepper, Potato, Apple, Butternut Squash, and Onion

Vegetable of the Week

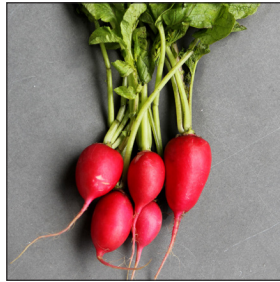
Butternut Squash

Butternut Squash, one of the most popular winter is a tasty way to help usher in fall! Being a winter squash, it is a member of the gourd family which makes it a cousin to the pumpkin, melon and cucumber. Butternut squash provides an ample dose of dietary fiber, making it a very heart friendly food choice. Use it in soups, stews, casseroles or any

number of comfort food style dishes for a healthy and autumn-flavored dish! It's unique flavor can be used in both savory as well as sweet dishes and it's seeds make a nutritious snack food, just like pumpkin seeds! Once at home, well-ripened squash can be stored for many weeks (even months!) in a cool, humid-free, well-ventilated place at room temperature. However, cut sections should be placed inside the refrigerator where they keep well for 3-4 days.



Tomatoes



Radishes



Apples



Beets



Onions



Bell Pepper



Hot Peppers



Acorn Squash



Cabbage



Parsley

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Half Share: Tomatoes, Radishes, Apples, Beets, Onions

Vegetable of the Week

Radishes

The radish is an edible root vegetable of the Brassicaceae family that is mostly eaten raw as a crunchy salad vegetable. There are over 100 different varieties. Massachusetts was the first state to produce radishes in the Western world in the early 17th century! Half a cup of

sliced radishes (2 ounces) is only 10 calories. They are a good source of vitamin C and contain small amounts of other nutrients such as magnesium, vitamin B6, folic acid, potassium and calcium as well. The strong, slightly pungent flavor of radishes is caused by allyl isothiocyanates. These are oils present in mustard, horseradish, and wasabi as well.



Spaghetti Squash



Delicata Squash



Potatoes

Half Share:

Spaghetti Squash,
Delicata, Potatoes,
and Jam



Homemade Jam



Kabocha Squash



Asian Pears

COME SAY HELLO!

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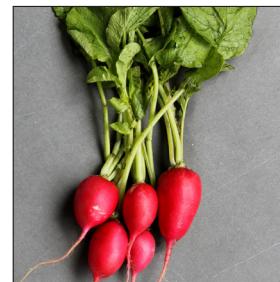
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Bell Peppers



Radishes



1/2 Dozen Eggs

"Vegetable" of the Week

Silverbrook Jam

We didn't want to miss an opportunity to tell you about our homemade jam that we create at the farm. All of our jam is made by Judy, Andrew's grandmother, and is made in small batches in a residential size kitchen. The produce ingredients used are all grown locally. Jam is a great way to use excess product and provide a season extension for our summer fruits. The small number of ingredients listed on the front is our favorite part (no corn syrup)!

