

August 14 & 15





Cherry Tomatoes



Arugula



Radish



Onions

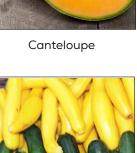


Braising Mix



Eggplant







Corn



Potatoes



Summer Squash

COME SAY HELLO!

Thursday Falmouth Farmers' Market Noon - 6pm Farmstand @ 592 Chase Rd 1pm - 6pm

Friday

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

Saturday

Provincetown Farmers' Market 9am - 3pm Farmstand @ 592 Chase Rd 1pm - 6pm

Sunday Farmstand @ 592 Chase Rd 1pm - 6pm

Half Share: Cherry tomatoes, arugula, onions, radishes, braising mix

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 traditions 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!

