



Cherry Tomatoes



Arugula



Radish



Onions



Braising Mix



Eggplant



Cantaloupe



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 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!

