

## Full Share:



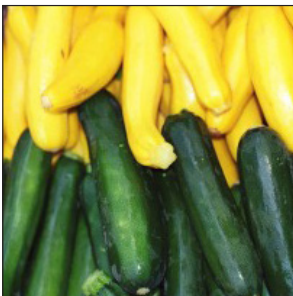
Leeks



Tomato



Corn



Summer Squash



Carrots



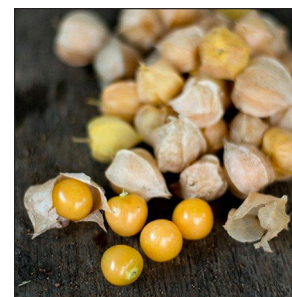
Peaches



Cherry Tomato



Shitake



Husk Cherries

## Half Share:

- Leeks
- Tomato
- Corn
- Squash
- Carrots

## 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

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

### Sunday

Farmstand @ 592 Chase Rd  
Noon - 6pm

## 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.

