

**Full Share:**



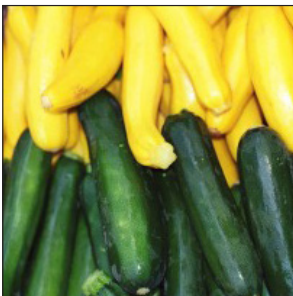
Kale



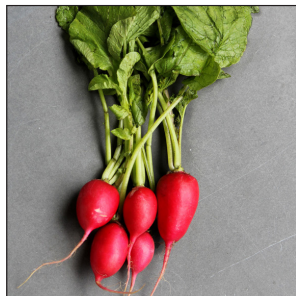
Beets



Arugula



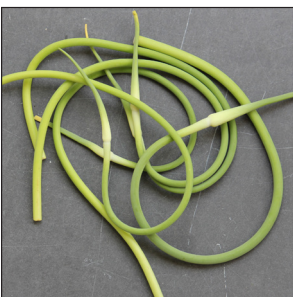
Summer Squash



Radishes



Mushrooms



Garlic Scapes



Squash Blossom



1/2 Dozen Free-Range Eggs

**Half Share:**

- Kale
- Beets
- Arugula
- Squash
- Radishes

**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

### *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.