

Full Share:



Strawberries



Radishes



Lettuce



Braising Mix



Bunching Onions



Arugula



Cilantro



Rhubarb



1/2 Dozen Free-Range Eggs

Half Share:

- Strawberries
- Bunching Onions
- Lettuce
- Radishes
- Braising Mix

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

No P-Town Market this week.
Farmstand @ 592 Chase Rd
Noon - 6pm

Sunday

Farmstand @ 592 Chase Rd
Noon - 6pm

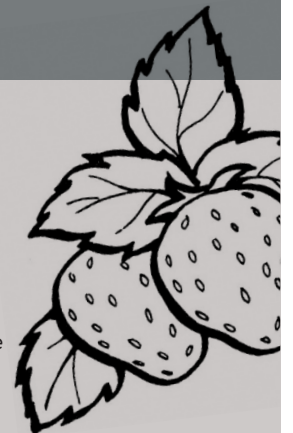
Vegetable of the Week

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.



Full Share:



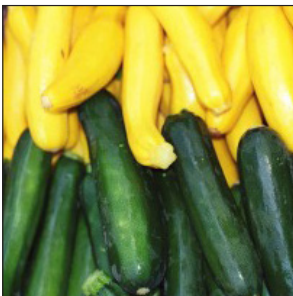
Kale



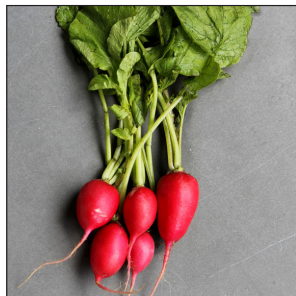
Beets



Arugula



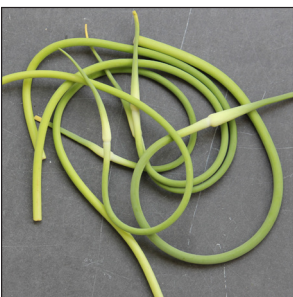
Summer Squash



Radishes



Mushrooms



Garlic Scapes



Squash Blossom



1/2 Dozen Free-Range Eggs

Half Share:

- Kale
- Beets
- Arugula
- Squash
- Radishes

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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.

Full Share:



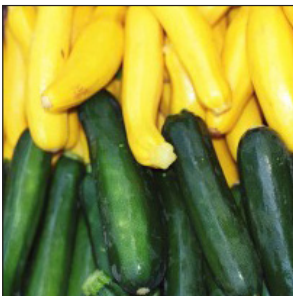
Kale



Beets



Yellow Onions



Summer Squash



Bunching Onion



Mushrooms



Bravo Radishes



Leeks



Dozen Free-Range Eggs

Half Share:

- Kale
- Beets
- Yellow Onion
- Squash
- Bunching Onion

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Vegetable of the Week

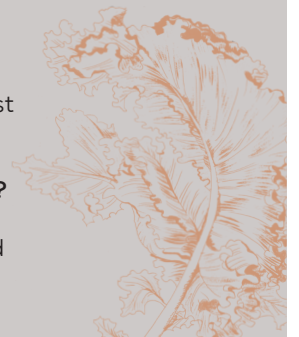
Kale

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!



Full Share:



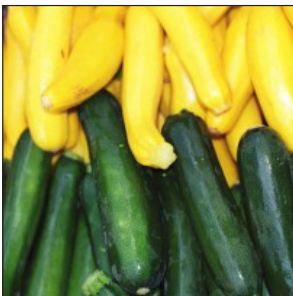
Kale



Red Onion



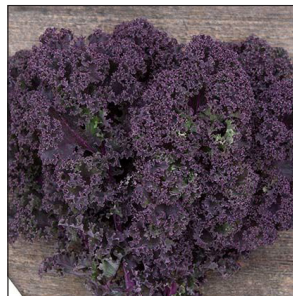
Corn



Summer Squash



Bravo Radish



Red Kale



Cabbage



Carrots



Cauliflower

Half Share:

- Kale
- Red Onion
- Corn
- Squash
- Bravo Radishes

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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!



Full Share:



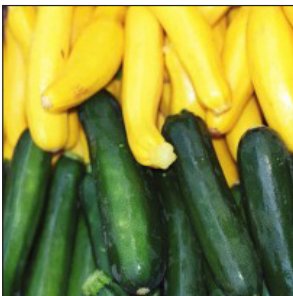
Leeks



Tomato



Corn



Summer Squash



Carrots



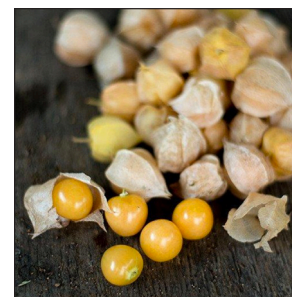
Peaches



Cherry Tomato



Shitake



Husk Cherries

Half Share:

- Leeks
- Tomato
- Corn
- Squash
- Carrots

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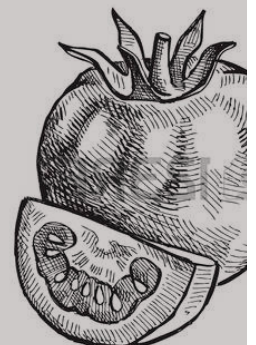
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Vegetable of the Week

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.



Full Share:



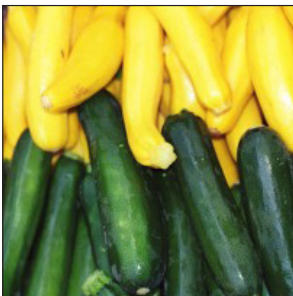
Leeks



Tomato



Corn



Summer Squash



Carrots



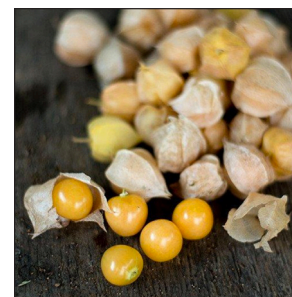
Peaches



Cherry Tomato



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Husk Cherries

Half Share:

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- Tomato
- Corn
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- Carrots

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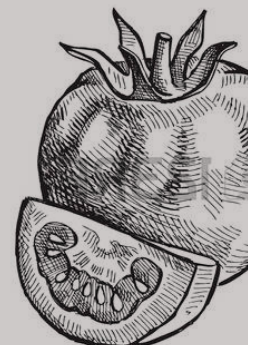
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Vegetable of the Week

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Full Share:



Groud Cherries



Tomato



Corn



Yellow Onions



Banana Pepper



Cucumber



Peaches



Cherry Tomato



Shitake



Beets

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Half Share: Husk cherries, tomato, corn, yellow onions, banana pepper

Vegetable of the Week

Ground Cherries

Also known as husk tomatoes or golden berries. Ground cherries taste like tomatoes and fruits, with some tartness. ... Remove the husk and pop that ground cherry in your mouth and even more surprises occur. Yes, it tastes like a tomato (and horticulturally speaking, they are related), but with a hint of tropical taste, almost like pineapple? It's a truly interesting taste!

Ground cherries are a great, simple ingredient to add to salads or salsa, and are also a tasty sweet compliment to savory meals. Husk cherries add a wonderful sweetness to desserts. They're great in cakes, pies and tarts. **Once you experiment with all the fabulous ways to add these to your meals, you'll wonder why they're not sold in grocery stores!**



Full Share:



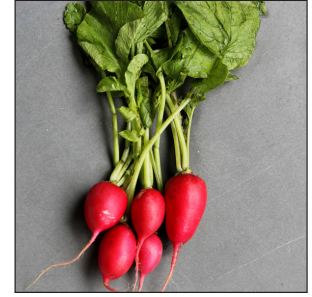
Ground Cherries



Cherry Tomato



Carrots



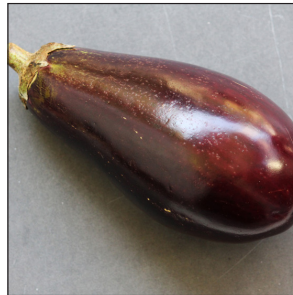
Radish



Banana Peppers



Apples



Eggplant



Zucchini



Tomato



Onions

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Half Share: Ground cherries, cherry tomato, carrots, radish, banana pepper

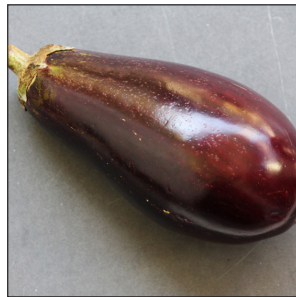


Week Ten | 2019
CSA Guide

Full Share:



Apples



Eggplant



Carrots



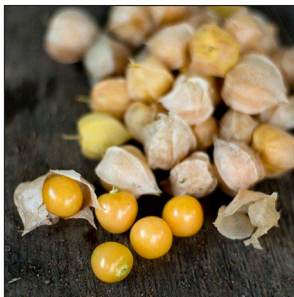
Potatoes



Banana Peppers



Cherry Tomato



Ground Cherries



Squash



Pears



Onions

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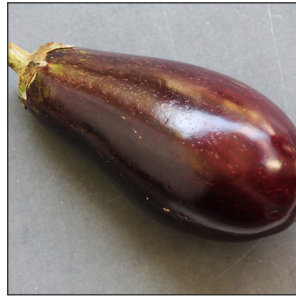
Half Share: Apples, Eggplant, Carrots, Potatoes, Banana Pepper



Full Share:



Apples



Eggplant



Carrots



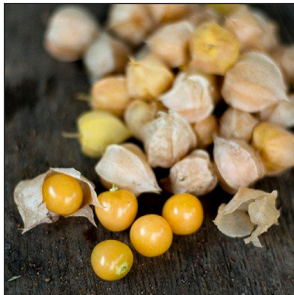
Potatoes



Banana Peppers



Cherry Tomato



Ground Cherries



Corn



Pears



Onions

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Half Share: Apples, Eggplant, Carrots, Potatoes, Banana Pepper



Week 13 | 2019
CSA Guide

Full Share:



Apples



Corn



Carrots



Potatoes



Butternut Squash



Bell Peppers



Asian Pears



Eggplant



Cherry Tomatoes



Cucumber

COME SAY HELLO!

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Half Share: Apples, Corn, Carrots, Potatoes, Butternut Squash

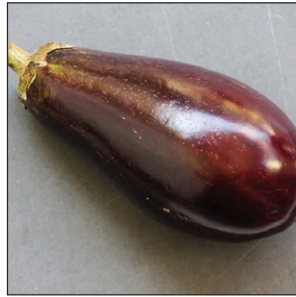


Week 15 | 2019
CSA Guide

Full Share:



Apples



Eggplant



Cranberries



Potatoes



Acorn Squash



Pumpkin



Arugula



Carrots



Radish



Kabocha Squash

COME SAY HELLO!

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Half Share: Apples, Eggplant, Cranberries, White Potatoes, Acorn Squash