

## What is in your box:

**Buttercrunch lettuce**

**Red leaf lettuce**

**Onions**

**Radishes**

**Garlic curls**

**Strawberries**

**Peas**

**Onions**

You received either a bunch of pearl onions with three purple and three white onions and scallion like tops, or a white or yellow sweet onion in your box today. The white onions are called “Superstar” and the yellow ones are “Ailsa Craig.” In all three cases the tops are beautiful and edible like a scallion. Each is a relatively mild onion, delicious on the grill, sliced on a burger or sandwich or used in a salad. Grand boxes have the last of the purple scallions today.

**Peas**

Like the onions, you have one of three varieties: sugar snap, shelling, or snow peas. The sugar snaps are in a clear plastic pint box (remember, we take these back!), and should be relatively round and the pods are edible—these are better than candy! The shelling peas are longer, in a quart box and have individual peas inside a shell that requires splitting open to get at the peas and is too fibrous to eat. Eat these fresh from the shell, lightly steamed, or added to your favorite recipe calling for green peas. Finally, the snow peas are also in a quart box, are relatively flat and are the kind used for stir-fry. They are also delicious raw.



Brian loves his strawberries!

## Farm News

As I approached the computer tonight to write your newsletter, Brian (our intern) was reading about Coal in China. So I suggested that if he wanted another learning experience, he could write the newsletter this week—here are his musings:

*Do you find yourself regretting that you have not picked enough strawberries in your life? Well lament no more. There are now enough strawberries here at Greenspirit Farm to fulfill your wildest dreams (assuming you have semi-reasonable dreams).*

*This year's wet spring, followed by nearly two weeks now of sunny, dry and breezy weather, has created near perfect conditions for strawberry production. We picked 244.5 quarts of strawberries this past week.*

*That's a lot of pickin'.*

*Another crop looking especially good this year is peas. Again the cool wet spring, followed by lots of sun in late June has created a bountiful crop. Shelling peas, sugar snaps and snow peas—they're all looking good.*

He assures me that he will be back for more musings in the future! If you have something that *you* would like to submit to the newsletter, by all means, send it on!

Peace, Jennifer