

## What is in your box:

**Mixed greens**

**Sweet onions**

**Broccoli**

**Basil**

**Cucumber**

**Purple pepper**

**Summer squash**

**Sugar snap peas**

**Sweet onions**

These first full size onions of the season are considered “sweet” onions. That means, theoretically, that they can be eaten raw. Of course, that depends on your individual palate...however, we love them sliced on burgers (vegetarian or otherwise!), sandwiches and chopped in salads. The greens are equally edible and have a wonderful fresh flavor—try them, too.

**Purple pepper**

Your pepper is purple on the outside and yellow on the inside. It is a variety called “Islander” and will eventually ripen to a rich dark red. However, at its “green” stage it is purple! We like to harvest these at this stage because they are pretty in a salad...what do you think?

**Basil**

Basil is a fragile herb and prefers to NOT be in the fridge...either dry it on the counter, or put the stems in a small vase until you are ready to use it.



The Market Building where your food is cleaned and packed for you.

No Top Ten changes

## Farm News

Once again, it was a busy week at the farm with many helpers and lots of good community time—thank you all! We are also thankful for the rain this morning...it has been almost a month since we have had any good rain (and then it was way too much all at once...!), so the quite rain this morning is most welcome.

The summer crops are slowly ripening, which will cause the character of your box to begin to change. As summer heats up your produce changes from leafy vegetables to more substantial ones. You will receive onions, peppers, squash and cucumbers. Your food will be heavier, but fill up less space. We hope that you enjoy watching the seasons change through the contents of your box. This is what eating seasonally is all about and as it becomes more familiar to you we hope that you enjoy how it makes your body feel to be eating what is growing in your locality now.

With the change of seasons we are finished harvesting the strawberries. There are still some berries on the plants and we open them now to you to pick for yourselves at a cost of \$3/quart. Please feel free to come by the farm and pick some for freezing, or simply tasting the last of that wonderful early summer flavor...they won't last long, so come quickly!

Have a peaceful week, Jennifer