

What is in your box:

Sweet peppers

Green (or purple) pepper

Hot pepper

Yellow onions

Fennel

Garlic

Basil

Cilantro

Nasturtiums

Tomatoes

Cucumber

Summer Squash

Fennel

This is sometimes called “anise.” It has a licorice flavor. The bulb and the leaves are both edible and flavorful. The bulb can be thinly sliced and used in a salad with citrus, the leaves can be clipped and added to sautéed vegetables or sprinkled on salad. See the recipe for tomato soup posted on the website.

Nasturtiums

The box of flowers is for fun! They are beautiful, edible, and cheerful. Challenge your friends and family to “eat a flower”! You can use them to decorate a cake, garnish a plate, add zing to a salad, or just bring a smile to your face...we can all use something to help with that, right?!

Farm News

Another week of amazing people on the farm! Several of you were here to pull weeds from the winter carrot field, and it now looks terrific and ready to grow for our winter food supply—thank you! We also had an amazing crew for harvesting today (as it seems is so often true this year!). If you haven't made it out yet this year there are 7 weeks left to come and be a part of the fantastic crew of people that all make this work. Finally, it was wonderful to welcome old friends of Jennifer's to the farm this weekend—we loved having Brady, Alex, Ross, and Rick here again.

If the idea of the season ending makes you sad, remember that we do sell winter shares so that you can keep eating Greenspirit food all the way until spring if you want! I will post the information about winter shares in the next couple of weeks, but if you think you would be interested, please let me know. These do sell out...

Thanks to everyone who brought boxes back this week...we could still use some more, so don't be shy! If you have some in your garage, *please* bring them to your pick up site. Then when you pick up your food, please remember to transfer your food to a bag instead of taking the box home...thank you.

Take care,

Jennifer

Top Ten changes:
No fennel or nasturtiums,
sungolds instead!



Peppers in the washstand

Every other week:
celery