



What's in your box this week:

Box A: Surprise Strawberries, Surprise Romaine Lettuce, Bibb Lettuce, Cabbage, Spring Onions, Sweet Potatoes, Asparagus, Peanuts

Box B: TWO QUARTS of strawberries, cabbage, Asparagus, Peanuts, Bibb Lettuce, Spring Onions

Box C: Surprise Strawberries, Radishes, Spring Onions, Cabbage, Beta White Sweet Potatoes, Personal Herbs



They've got it down to a science!

Well, I went to the farm today to see the box packing and I was absolutely **AMAZED at the work being done and EXCITED about what they were putting in the boxes.** You can see here the process...four or five workers, moving the boxes down the line in the barn, each adding a different item. Including.....**FREE STRAWBERRIES** in Box A and C and **TWO QUARTS** of strawberries in Box B. **PLUS.....**Romaine Lettuce in Box A, which we weren't expecting either.

Those of you who took a chance and ordered the Surprise Box B, are in for a treat with so many sweet, sweet strawberries. Marshall asked me to be sure **to SAVE the containers in Box B** (and really, all boxes) and return them next week in your empty box...they are expensive! The rest of us get a pint, more like a "sampling" of strawberries but we'll have more next week.

So I think we can all say that the farm "did good" this first week. And I learned that I need to keep ordering the surprise box because I won't be disappointed. I'm sure we'll offer something like that again...anytime when we are harvesting a new crop and Marshall isn't sure how much of an item he'll have. So in exchange for us taking a chance with him, he makes sure it's a **REALLY** good box. Make sense?



Why are we buying LOCAL again?

Ultimately, what we are all really doing, is re-creating the local food system. Joining our program means joining a short food chain that has several implications for your health. For example, fresh local produce that is picked at the peak of ripeness has more time to soak up all the good things nature provides, therefore containing more nutrients than produce picked early and ripened in a truck (with ethylene gas) on the way to the store. Most produce in the US is picked 4 to 7 days before being placed on supermarket shelves, starts losing nutrients as soon as it's picked, and is shipped for an average of 1500 miles before being sold. As Michael Pollan says in his bestseller, "In Defense of Food", we are not just passive consumers of food, but co-creators of the system that feeds us. Depending on how we spend them, our **FOOD DOLLARS** can either go to support a food industry devoted to quantity and convenience, or they can nourish a food chain organized around values like quality and health. Yes, shopping this way takes effort, but it's worth it. Thanks for being a part of it.....

Courtney Tellefsen, Founder

UGLY BUT SWEET: Some of you received **BETA WHITE** sweet potatoes in your box today. You can identify them by the big “veins” on the outside (means they are good) and their lighter color. It’s important to know that these potatoes don’t “hold” (according to Marshall) as well as the red sweet potatoes...so go ahead and use them as soon as you can. Marshall also said that if an end is “soft” then cut off that part because it’s NOT good. If too much of it is soft... they may have missed a few as they were packing, be sure to let your coordinator know and we’ll get you a replacement in your next box.

What do I do with CABBAGE beside making slaw?

Well, slaw is a great way to use cabbage, of course, and you can always add peanuts to add an asian flair with a dash of soy sauce and chili sauce....but have you ever thought about Spring Cabbage Rolls? Made with ground turkey, tomato, and chopped herbs? It’s a fun and easy!, Cut your cabbage thinly, and QUICKLY (literally takes seconds...sear it at high heat). saute it in olive oil w/ caraway seed, salt and pepper. It’s an delicious, quick and easy way to enjoy this spring veggie.....

Of course, you can never go wrong slow simmering it with a “ham hock” (get a big piece) and cook it for at least an hour. YUM!!! ☺ This is the way most of us Southerners were brought up...so try it if you haven’t ever had it this way.

How about the peanuts??? Peanuts in the shell, raw, like we have them today, can last in the refrigerator (tightly wrapped) for up to six months. If you’re going to put them in slaw, you need to cook them first. The quickest/easiest way to cook them is to roast them at 325 for 25minutes on a sheet pan. Shaking or stirring until hot and aromatic. You can serve them warm like this and they are DELICIOUS!!!

Strawberries with Balsamic Vinegar

- 1 pint ripe strawberry
- 2 tablespoons sugar
- 2 tablespoons balsamic vinegar

Hull the strawberries and cut them into quarters lengthwise. Place in a bowl and toss with the vinegar and sugar. Cover and allow to rest on the counter for about an hour so that the berries will “juice” then chill in the fridge for another hour. Toss again before serving. These strawberries do not keep well so they should be prepared and eaten the same day. If made more than a few hours ahead of time they are mushy and texturally unappealing.

I know I say this every year....but I am ABSOLUTELY ADDICTED to these: ROASTED ASPARAGUS!!!!

- olive oil
- parmesan cheese

Clean and break off tough ends of asparagus. Roll asparagus in olive oil, coating each one. Or you can just brush them with it, which is what I do. Place asparagus on cookie sheet. (I sprinkle sea salt or garlic salt on them) Bake at 400 for 15-20 minutes, until tender and crisp. Take out and sprinkle parmesan cheese over them if you like...I don’t though. Return to oven for 5 minutes.j