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This Week's Box

Red Lettuce
Summer Squash
Zucchini
Dill
Turnips
Beets
White Onions
Red Potatoes

Store Dill in a glass with 1 inch of water. Place in the refrigerator until ready to use.

Hooray!! The Season's begun!!

We hope you're as excited as we are about the season beginning. (And from the many e-mails we've received, many of you are!)

New for us this year are our chickens, the farm fresh eggs we have for sale and a Farmall tractor. We purchased it earlier this year and wouldn't you know it, the day we got it home, the starter went out. Mike has gotten it up and running and was

able to cultivate with it this week.

We've doubled our membership, so we have about 40 shares this year.

We've also hired a college student for a few hours a week and have enjoyed having other people help out when it's needed.

2009 has gotten off to a great start— Thanks for being here with us!

Speaking of new...

We have TURNIPS this year! (And in your box). Turnips are one of the most ancient vegetables. It's a good source of vitamin C, potassium and calcium. They are also one of the cruciferous vegetables thought to prevent cancer.

You can eat turnips raw. Try them sliced with a favorite dip.

To cook turnips, see the recipe on back.

Beets—Keep those Greens!

Beet Greens are wonderful in salads. They are best used when fresh. To keep the beet roots fresh, cut off the leaves and stems 1-2 inches above the root crown. Store the

greens wrapped in a damp cloth or in a plastic bag in a drawer in the refrigerator.

Aside from enjoying beet greens raw, in a salad, they can be enjoyed

steamed or sauteed, or in any dish calling for mild, tender greens such as spinach.

Turnips With Onions

5 medium turnips, peeled and cut into 1/2 inch cubes

2 T. butter

1 Medium onion, chopped

3/4 tsp. marjoram

1/2 tsp. salt

1/8 tsp. pepper

Boil turnips 15-20 minutes or until fork tender. Drain. In same saucepan, melt butter. Add onions and cook until tender. Stir in remaining ingredients. Cook approximately 5 minutes, stirring often. Turnips should be golden brown.

Turnip Storage Tips

Store turnips in the refrigerator in a plastic bag for 1-2 weeks.

For longer storage, turnips may be packed in moist sand and kept in a cool but not freezing location.

Turnips can be used in any recipe calling for rutabagas.

Zesty Beets

Wash beets and trim all but 1 inch of the stem off. Leave tap root on beets. Place in a 2 quart saucepan with 1 inch of salted water. Bring to a boil. Reduce heat and simmer gently, until beets are tender. (about 30 min-

utes.) Drain, cool, remove skins and slice.

In a separate pan, bring to a boil:

2 T. Vinegar

2 T. Sugar

1 tsp. prepared mustard

Add 2 cups cooked, sliced beets to the sauce and mix. Heat and serve.

May also be served cold.

Do you have some favorite recipes using fresh produce? Please share! I'll put them in the newsletters!

Kids Corner!

We're trying a little experiment with our summer squash and a glass bottle. Claudia placed a glass bottle over a baby summer squash that is still growing. We are hoping to see if the squash

will continue to grow and take the shape of the bottle. If you'd like to see our experiment, let us know— Claudia and Malcolm would be happy to show you how it's going. If you'd like to bring your

own fun shaped bottle and give it a try— we can probably spare a squash for you.

Why did the carrot get kicked out of the garden?

Because he took a little pea!