



## What's in the Box

Strawberries  
Green Onions  
Rhubarb  
Broccoli Raab  
Lettuce

I have been putting this off because I wasn't quite sure what we would have and you never know day to day what is going to happen out here with the weather lately.

The strawberries and onions will be from our fields and the other items will be from other producers that we have connections with that we know well and trust to not have harsh chemicals on their plants.

I will have some hand outs in the first box with information and recipes for strawberries, onions, and rhubarb, as well as a couple of brochures to help you find other local food producers. We belong to Buy Fresh, Buy Local which lists all the producers in the Des Moines area and Boone Appetit has a list of producers in Boone County.

If anyone has recipes for food that they get from us that they would like to share please send them to me and I will pass them on or post them on the website.

## Recipes

Broccoli raab with pasta and sausage

1 bunch Broccoli raab  
1 pound or so of your favorite sausage (no casings, or remove from casings)  
4 cloves garlic (more optional)  
1 pound of orechetti, penne or farfalle pasta.  
1/4 to 1/2 cup chicken stock

Brown sausage in large skillet. While sausage is browning, clean broccoli raab and remove only the thick tougher ends of stalks. Chop raab into bite sized pieces. Drain sausage and set aside. Start your water for the pasta and cook according to directions for al dente pasta. In same large skillet as sausage, sauté chopped garlic cloves in a bit of olive oil for a couple of minutes (do not clean pan as remaining fat from sausage will add more flavor). Add broccoli raab and some chicken broth to pan and cook until greens have wilted. Add sausage and heat through. Toss with cooked pasta. Salt and pepper to taste. This dish also works well with vegetarian substitutions for a hearty vegan alternative, make sure to increase the olive oil accordingly.

## Directions on For Pick-Up

We live on the dead end of Marshall Street. We are out of city limits so have to depend on the county to maintain our road. Marshall Street is VERY bad one block south of us. One vehicle can get through but you have to make sure to stay on the path or you will get stuck. My advice is to take Story Street (main street in Boone) all the way to 24<sup>th</sup> street and then come over one block to our place. When we get rain the water rushes over 24<sup>th</sup> street. It was running over last night but is now OK.

If the weather is nice we will have everything outside under canopies. If it is raining we will be able to have everything inside our "shop" which is the little house we used to live in with the French Doors.

We have no parking lot so you will have to park on the side of the street. Please let us know if there is anyone that has any special needs.

We were hoping to have you explore the fields a little bit but you probably can't do that without mud boots so we'll see how that goes.