

# Newsletter

Wilber's Northside Market

Issue Number 2

Date: June 17, 2008



## What's in the box??

Strawberries  
Green Onions  
Sugar Snap Peas??  
Zucchini??  
Radishes  
Asparagus?  
Lettuce

Once again it's up in the air what we will really have. ☺  
We still have plenty of strawberries and green onions. There are also some peas and zucchini that are ready. Since they are just coming on I'm sure there won't be enough for everybody so we might have to give some to a few and then get it to the others next week...or just wait until next week.  
Unfortunately we had another cool day (we need at least 80 degrees to get good growing!)...we'll have to see tomorrow if more stuff popped.

I'm also going to use my sources of fellow producers to come up with some extra items such as radishes, asparagus, and lettuce.

Things ARE drying out....they came and tried to clean out the drain on 24<sup>th</sup> street so some of that water has gone down. It would be nice to plant in that field before July!!

## Recipes

### Quick Tricks with Zucchini

The Produce for Better Health Foundation at

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

suggests:

- Slice, marinate (try balsamic vinegar) and grill a variety of vegetables including zucchini, asparagus, green onions, eggplant, and mushrooms. They're delicious!
- Cut up veggies like carrots, zucchini and potatoes. Add them to your favorite meatloaf or soup recipes.
- Take your favorite lasagna recipe and try adding different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zucchini, onions, or eggplant. Be creative.

Additional tips include:

- Add raw zucchini to lettuce and pasta salads.
- Cut zucchini into sticks and serve with a dip.
- Slice zucchini, sauté in oil over medium heat for about 5 minutes until tender crisp; toss into heated pasta sauce for a veggie-packed pasta topping.

“Animal, Vegetable, Miracle”  
Is a book by Barbara Kingsolver

I have not read it yet but it's been recommended by several people I know and has a lot of recipes in it.

## Pick-Up Details

Everything went pretty smooth last week. I was really afraid everyone would come at once but it didn't happen that way.

The pick up time is 4-7.

We still don't have boxes/baskets that are permanent that you can use to carry your items in. We would like to have that eventually so that you have a sturdy container. But for now we will do the bags again. You can bring the bags and strawberry boxes back so that we can recycle them.

If you did not get any hand-outs last time let us know and we will get them to you. If you have any questions or comments about anything during the week feel free to call or e-mail me.

## Eggs

If we did not mention it to you last week, we are going to have a source of fresh farm eggs. They are \$2.50/dozen or \$1.25/half. We are getting them from some friends that have chickens. There probably won't be enough for everyone so contact me if you want some saved.