

Good afternoon, CSA members.

We hope you've been enjoying the shares so far. We are happy to be phasing out of some of the spring vegetables (goodbye **garlic scapes!**) and into more summer vegetables (hello **cucumbers!**). But, for those of you who really love the taste of spring, those vegetables will make a return appearance in the fall share.

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville).

If you are going to be late, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

Also, if you have a GREAT RECIPE suggestion that you'd like to share with the rest of the CSA, please let me know or bring it to Chad during pick-up. **We love to hear what you're doing with the vegetables!**

In The Bag

Week 4: June 25, 2013

Parsley or Mint

Arugula or Lettuce

Cabbage or Bok Choi

Beets

Onions

Scapes

Squash

Cucumbers

If you have trouble figuring out what you brought home, go ahead and refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Arugula is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). It's popular in Italian cuisine, grows wild in Asia and the Mediterranean, and can be traced back to Roman times where it was used for its seeds and oils. It can

be eaten raw in salads or cooked. Arugula has become a popular ingredient in salad mixes. If you find its flavor too pungent, try cooking it to tone down the taste. It is an excellent source of vitamins A and C, folic acid, calcium, magnesium, and manganese.

Bok Choi is a Chinese cabbage with white stalks and round green leaves. The flavor is slightly sweeter than traditional cabbage, and you'll find it to be a bit more delicate and juicy. It can be eaten raw, steamed, stir fried, braised, or used in soups. It is high in calcium and vitamins C and A.

Recipes

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Tabbouleh](#)

[Mint Tea](#)

[Arugula Pizza with Goat Cheese](#)

[Cabbage and White Bean Soup](#)

[Zucchini "Crab" Cakes \(vegetarian\)](#)

[7 things to do with **Garlic Scapes**](#)

[Homemade Pickles](#)