

Good afternoon, CSA members.

We look forward to seeing you today, in between the raindrops. We were fortunate to get some sweet potatoes in the ground before this next round of storms came through and also seeded our winter squash this week. There is plenty to do - and we're looking forward to more dry weather.

We hope you enjoy the first SQUASH, CARROTS and BASIL of the season! This will be the last week that you will get Fava Beans or Peas as an option.

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.

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.

In the Bag

Week 3: June 18, 2013

Basil

Chard or Kale

Head Lettuce

Hakurei Turnips or Kohlrabi

Peas or Fava Beans

Carrots

Squash

Garlic Scapes or Scallions

There are recipes at the end of this. Just scroll down!

Kohlrabi is a stout member of the cabbage family. It has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

Fava Beans are one of the oldest cultivated plants known. Despite being called a bean, they are actually in the pea family. The pod is broad and soft green resembling a big, flat green bean. The fresh beans have creamy texture, similar in size and color to lima beans, and a fresh, nutty taste. Fava beans are low fat, saturated fat free, cholesterol free, good source of vitamin B1, copper, iron, magnesium, phosphorous, and potassium, and an excellent source of fiber, folate, and manganese.

Scallions are members of the Allium family. They have long, hollow greens and undeveloped white bulbs. The onion flavor is mild and can be enjoyed raw or cooked.

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!

[Turnip Soup](#)

[Squash Bread](#)

[Stuffed Chard](#)

[Marinated Fava Beans](#)

[Grilled Fava Beans](#)

[Braised Kohlrabi](#)

[Basil Pesto](#)

See you soon!
Stacey (& Chad)