

## Week 14 – Summer CSA

September 5 – September 11, 2022

Hi everybody,

We are excited to offer celery this week in your box. Celery is a crop we have been increasingly interested with on the farm, and as a result we have begun growing more of it. It is a crop that farmers know has the potential to uptake a lot of nutrients in its sturdy above-ground parts – something that can make it more difficult to grow well, but that is certainly a benefit to the final eater. It's a versatile vegetable between its raw eating, cooking qualities, and juicing value, so have fun with it however you use it.

Have a great rest of your weeks!

### Box contents, Week 14:

- Cabbage
- Celery
- Carrots
- Yellow Potatoes
- Leeks
- Red Onion
- Yellow Onion
- Cucumbers
- Broccoli
- Green Bell Pepper
- Tomatoes

