

Week 9 – Summer CSA

August 1 – August 7, 2022

Hi everyone,

This week's photo features our shallots field – one of the many allium fields we have on the farm. Alliums, from the botanical family *Alliaceae*, all share a similar plant morphology, and have the characteristic flavor and smell of allicin, a therapeutic, antioxidant sulfur compound unique to these species. GTF grows virtually all of the horticultural alliums in some amount, and in particular, GTF is a significant regional wholesale grower of fall, winter, and spring leeks. Across all of our marketing venues, we offer various forms of onions (spring onions and dry onions, red and yellow) over a long season, and early in the springtime we plant our shallots and onions, which are just starting to bulb up now around mid-summer. We also overwinter some of our onions in high-tunnels, which allows an early harvested onion crop, too. Garlic, which goes in the ground late fall, is another allium species that we have always grown, and this year we are reserving an increased amount of our own harvested cloves to be used as seed garlic this mid-October. We're grateful for these little blue-green blades of pungency, for their health benefits and for the "body" they give to cooking.

Happy mid-summer from the farm, and thanks for embracing all of our families of crops.

Box contents, Week 9:

- Bunched Shallots
- Cilantro
- Persian Cucumbers
- Zucchini
- Carrots, bunch
- Green Cabbage
- Lettuce
- Potatoes
- Sweet onions

