CSA NEWSLETTER

GOODNESS GROWS

Create. Cultivate. Thrive

COME SEE OUR BOARD MEMBER TINA FROM 4- 7 PM ON THURSDAY TO PICK UP YOUR SHARE.

JUST A REMINDER

We'd love it if you would email or Facebook us about how you use your produce! Do you have favorite ways to use any share items? Have you created a dish you are excited about? Feel free to let us know anytime, even after the season draws to a close.

NOTE

What GG plans to harvest isn't always what can be harvested. Between the time the email goes out and when basket is packed, some substitutions may occur. So, please be ready for potential changes and enjoy the bounty of the fresh, and sometimes surprising, harvest!

If you realize you can't make it during pick up time, please let us know and we will gladly arrange a Friday pick up.

Call or text Rachel at (330) 853-3578

If you need to contact us about your share

IN THIS WEEK'S SHARE

- **Schaefer's Caramel Popcorn**
- **Cabbage**
- **Savory**
- **Marjaram**
- **Brussel Sprouts**
- **Tomatoes**
- **Ground Cherries**
- **Basil**
- **Rhubarb**
- **Bell Pepper**
- **Banana Pepper**
- **Extra**

RECIPES AND TIPS

CABBAGE

Cabbage is a versatile, nutrient-dense leafy green, red, or white vegetable grown for its dense-leaved heads. Cabbage is low in calories and rich in vitamin C and vitamin K. It also contains a good amount of dietary fiber.

CLICK ON THE RECIPE LINKS BELOW TO FIND RECIPES.

HOMEMADE COLESLAW

TRADITIONAL STUFFED CABBAGE ROLLS

BRUSSEL SPROUTS

Brussel Sprouts are small, leafy, green vegetables that look like miniature cabbages and belong to the cruciferous family. Brussel sprouts are also nutrient dense and are high in vitamin C and K and dietary fiber.

THE BEST BRUSSEL SPROUTS