

CSA members get discount at our markets

2016 CSA

Fall

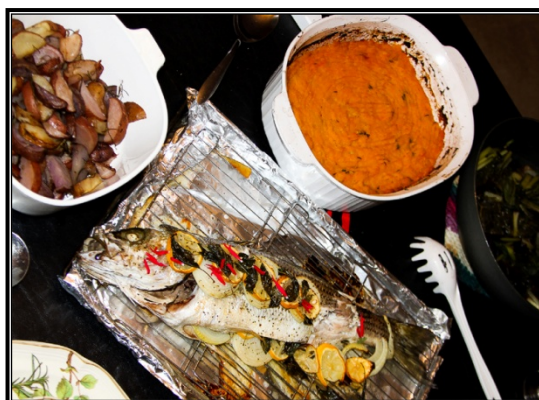
December 3rd

Planet Earth Diversified

- **Baby Ginger**
- **Green Papaya**
- **Butternut Squash**
- **Green Tomatoes**
- **Potato Medley**
- **Sweet Potatoes**
- **Sage**
- **Chervil**
- **Field Arugula**
- **Field Tatsoi**

A very rare and special treat this week: papayas! This tropical fruit is grown in one of our greenhouses and is one of the first of papayas grown in Virginia. Papayas are known for being a healthy food and for containing unique digestive enzymes that

help the body process proteins. Papayas contain vitamins C, A, E, K, several of the B vitamins and many minerals such as magnesium, calcium and potassium. As an excellent source of these nutrients, papaya can be helpful to our health in prevention of atherosclerosis and diabetic heart disease. Being a good source of fiber, papaya can help lower high cholesterol levels and may be beneficial in prevention of colon cancer. Immune support and anti-inflammatory effects can assist in cases of asthma and arthritis. Stephanie, pictured above by her Dad, Bob Jones, explained from her experiences in Africa that green papaya is used for special occasions as a desert where the peel is removed, the body shaved into strands resembling pasta and then cooked with coconut milk and cardamom. I can't wait to try it like that! Many thanks and gratitude to our two newest additions to the farm art, Dan and Stephanie, for their hard work and dedication to producing the finest quality, best tasting and nutritious food. We are so grateful to have you aboard! Have a great week everybody <3



Pineapple Sage Rockfish for Thanksgiving 2016