

Hello all,

This is the time of year to sign up for a sustainable agriculture box from Singing Frogs Farms, and I wanted to give a testimonial for this amazing source of delicious nutrition. We have been getting our veggie box for years now and I love it.

Why I, Laura Gittleman, love the CSA Box--

- 1 Taste one carrot from Singing Frogs Farm and you will discover how bland every supermarket carrot is.
- 2 Greens go in everything. Saute until wilted, chop up and put in eggs, casseroles, soups, stir fries, pot pies, stews, smoothies - add excellent nutrition without anybody noticing. Also, you are more likely to cook with them if you have them on hand.
- 3 If you think brussel sprouts are good, you will love brussel sprout greens. See # 2.
- 4 I hate bok choy. So I just leave it in the trade box and take something I like.
- 5 Fresh lettuce grown in Sebastopol and picked hours before your box arrives is better than supermarket lettuce, grown who knows where or when. You can trust it to be fresh.
- 6 Radishes, pea shoots, fennel shavings, arugula, fava greens, tomatoes, and who knows what else - your salads will excite you.
- 7 Taste one butternut squash from Singing Frogs Farm and see #1.
- 8 You can add locally grown rice, fresh eggs and olive oil to your order.
- 9 Elizabeth's newsletter is replete with recipes, but also teaches a little about the farming life. You can visit the farm, too.
- 10 When the box is bountiful you may find yourself entertaining more to share this good food with your friends!

Tips On How To Manage The Box

When you bring the box home, plan on taking 10 minutes to manage it so your food stays fresh for as long as possible. Wash everything, I just fill the sink and push the greens in and leave them for a minute, then shake them out and put them in the dish drainer. More delicate greens should go in a container with a moist paper towel. I got a plastic box from Target (meant for shoes) and lettuce stays fresh in there for two weeks.

When you invest in the beginning with the washing, your vegetables will stay fresh longer, and you will be more excited to use them.