



EMBRACE SALAD SEASON

Here we go - our second year. To our returning CSA members, "welcome back!" New folks, please bear with us as we learn the names and faces of our new members. Please read through your newsletter each week for important information about items in your share and coming up next week.

The spring garden is planted with such anticipation of things to come, but before all the "big stuff" starts ripening, fresh salads fill our plates. Enjoy the greens while they last, because when the heat turns on, the lettuce turns bitter and salad season will taper off until cool fall weather returns.

We are pushing our season extension tools a bit more this time around in hopes to get better shares earlier in the season for our CSA members exclusively. We have a few things in our caterpillar tunnel that are far ahead of last year including broccoli, peas, chard, scallions, kale, dill, romaine and mustard. The radishes were fantastic, but that ephemeral crop is nearly done already. We also have a beautiful crop of carrots growing in the high tunnel we started way back in March just for you that are getting very close to ready as well. Though Dene seems to think they are his secret stash.

So far, we've got 3 to 4 times the produce in the ground compared to season one and this is largely because of all the volunteer help we have had this spring. Not to mention having a real plan, which meant the groundwork was done last fall with increased acreage under cover crops. We're also trying some new things like leeks, salad turnips, savoye cabbages and more which will give our CSA members a chance to try new things along with us.

Let us know if you have any questions about what is in your farm share. We want this to work for you. Thank you again for supporting our farm!

Still busy planting like crazy,

Eric & Rebecca

words from our youngest farmhands

"Can I PLEASE eat my carrot now? I won't tell Dad I took one."

- Dene, works hard all day in exchange for fresh carrots

IN THE CRATE

Napa Cabbage

Swiss Chard

Oakleaf Lettuce

Kale - Frill & Scarlet

Herb (Cilantro or Parsley)

Baby Arugula

Spring Garlic

Maple Syrup

BE SOCIAL



Share your favorite recipes, tips and food photos on We Grow's Facebook page.

WASHING YOUR PRODUCE

We do our best to keep your produce clean, but the reality is it was grown in dirt. Real, immune-building dirt. While we field-rinse most of what goes in your box, many items don't store well after being wet and are better if washed immediately before use (think peas, beans, basil) so we do not wash them. You should wash all your produce again before you use it, especially greens where the leaf meets the stems. Add'l storage instructions are on the back of this newsletter.

CRATE RETURN

Please return your crate or grocery bag every week for re-use. Do your best to keep it reasonably clean. There will be a charge for all unreturned crates at the end of the season as was stated in your sign-up form.

THANK YOU!

OAKLEAF LETTUCE

We've got *Bolsachia* oakleaf lettuce (green) in this week with a few stems of red leaf added for color. *Bolsachia* is a little more rigid than the previous varieties we've grown. Your lettuce has been field rinsed, but please separate leaves from the stem and rinse the joints. This is where dirt sticks and we can't get it out without taking it all apart. Spin or blot the leaves to remove excess moisture and store in a bag (or better yet, leave in your salad spinner) in the fridge for up to a week or more.

BABY ARUGULA

Arugula is a very spicy, nutty green best taken in small quantities if eating fresh. While we love it on salads and sandwiches, it can also be used braised to take away some of the bite. Pairs well with mild, white cheese like goat's cheese or feta along with toasted walnuts. Store in fridge in a bag. Wash immediately before eating.

SWISS CHARD

Chard is the edible leaf and stem portion of a plant very closely related to the beet. In fact, the part of the plant above the soil looks identical. The only difference is that there is no round, edible root. This means chard is very healthy for you, loaded with vitamins A, K and C and 13 different antioxidants! Don't skip this one folks. We eat a lot fresh on salads and in wraps. But we also enjoy it finely chopped and simmered in our veggie rice or barley pilaf as well with some fresh garlic.

Store kale as you would lettuce for up to a week or more.

KALE: FRILL & SCARLET

It's a love-hate relationship. Try to learn to like kale and we'll try not to overdue kale in your shares. The problem is that it is SO easy to grow. And there are so many varieties! This week we are giving you two types that we have never given our CSA members before.

We've been eating it fresh in our salads in our house for over a month now. The "salad" variety, as we call it, is named Siberian Frill. Look for the green stems. It is far more tender than other kales we have grown. It does not last as long in storage either. We've even been using it as a lettuce substitute on burgers and sandwiches. And the frill stems go great chopped up in a cooked dish to replace broccoli.

The scarlet kale (purple stems and veins) is higher in antioxidants, as is the case with any colorful vegetable. But we also find slightly less tender. This kale is good for making kale chips though! It also lasts longer in storage. Despite this, we have been including it in our salads as well and really like the added flavor and texture.

Store kale as you would lettuce for up to a week or more.

MAPLE SYRUP

Okay. So we're not making any quality claims here as we do not have any fancy filtering pumps to get this as clear as it should be to sell. That said, we are sharing it with our members only in hopes that you will be more understanding of our micro maple syrup operation shortfalls. Perhaps let the jar settle before using so as to avoid the unclear portion at the bottom.

We spent about four days cooking this syrup and many more days setting up the sap collection system back in March. So please try to look past our quality issues and consider the work that went into it. Thank Ron and Holly Sromek for helping get this syrup made for all of you. What a treat! FYI, we have a friend who has graciously offered to run our syrup thru his filter system next year.

NAPA CABBAGE

Napa cabbage isn't your ordinary cabbage. Packed with antioxidants, folate, vitamin C and much more, napa has been touted as a super food. This crispy and crunchy Asian vegetable is longer and has an oval shape compared to regular cabbage. It works well in crunchy coleslaw, asian stir fries, and soups. It is also popular in the fermented asian spicy kraut/slaw called kimchi.

Holy cabbage. I'm not going to sugarcoat it. You are going to find all sorts of dirt and insects inside your napa. Cut it off the stem, separate the leaves and clean it well before using. If you can't handle chewing on the same leaf as an insect, you might want to reconsider your enrollment in an organic CSA. We can't use the chemicals that keep these insects at bay, only physical barriers. We do our best - thanks for bearing with us.

SPRING GREEN GARLIC

Garlic is incredibly healthy for you and we hope to keep you in garlic as much as possible this year. We've planted over 4,000 bulbs!

We'll start the season with spring green garlic. Just chop the roots, trim dead leaves and then the entire stalk, leaves and bulb are edible and FULL of flavor. Use it wherever you would normally utilize regular garlic. Don't waste a bit of the leaves (just chop finely) and you should have enough garlic for a week's worth of cooking. Refrigerate and keep the cut end wrapped.

RECIPES

We've prepared recipe cards for you to take if you'd like ideas for using your napa cabbage. We ran out of room on the newsletter this week. Feel free to share your ideas with us online. We love to hear from you!

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