



BEING A FAMILY FARM

It was a pleasantly quiet week at We Grow with pigs staying in their new enclosure on pasture, volunteers heartily tackling weeds every day and no major break downs. We've been taking time to reassess what is growing and planning the next few weeks of planting with fall harvests in mind. We have many things that we tried to get in early this spring that did not turn out and need to be removed to free up the space. Some Asian greens that went straight to flower, radishes that got wormy, turnips in which only a few seeds germinated, kohlrabi the slugs ate, spinach that drowned, kale we simply have too much of and the jury is still out on the beets. They may live a few more weeks to see what comes of them yet. Seems devastating when you start writing it down, but it's all part of keeping a garden. In our case, a really big garden.

We are starting to get a few cucumbers, but not enough for every member. About half of our cucumber vines inside the high tunnel froze on May 14 and about a third of the zucchini row (outside - covered) didn't survive as well, so we have been anticipating being short come early July when they start to ripen. Since half of what we planned is not enough, we are going to give shareholders cucumbers OR zucchini. We would like to make sure each member gets to try both so we will make a note and give you the second item next week to the best of our ability. This is our plan rather than waiting several weeks for the replanted cukes and zucchini to catch up to where we have enough for all 48 of you. Thank you for understanding!

We've been having fun with our boys working on the farm this summer for a wage of \$1 per hour. We find simple tasks for them like picking peas, composting weed piles, and weighing bags of carrots. They are starting to understand that we all need to work together to be successful. Except when one makes more money than the other and maple fudge is at stake.

Working as a family,

Eric & Rebecca

IN THE CRATE

Napa Cabbage
 Oakleaf Lettuce
 Red Onion
 Garlic Scapes
 Basil
 Snow Peas
 Zucchini or Cucumber
 Swiss Chard
 Spicy Greens Mix (*family*)
 Kohlrabi (*family*)

I don't think I'll ever grow old and say, "What was I thinking eating all those fruits and vegetables?"

- Nancy S. Mure

VISIT THE FARM

Members are welcome to our visit our farm if you'd ever like to see exactly where your food comes from and how we grow what we grow. It really is interesting, especially for those who keep a garden yourselves. It's best to try to come on our non-market days: Monday, Wednesday and Friday. Sundays are an option as well, but please call first. You never know when we might take off to have a picnic and jump in the lake to cool off.

words from our youngest farmers

"But Mom, when do you get paid?"

- Gus, contemplating farm economics upon receiving his wages

RED ONION

Onions are so often overlooked, but such an important ingredient. Even in small amounts, they'll make a dish come alive with aromatic undertones. When used raw, they add a punch to salads and salsas. But the real magic takes place when they're cooked: A light sauté or slow roast mellows their pungent, acrid flavors and coaxes out their natural sweetness.

These onions were started as seeds the first week of February, planted in the field in late April and harvested for you today. This is our favorite fresh eating variety, called cabernet. To many palates, red onions have the sharpest flavor of the groups, so use uncooked red onions sparingly. To soften the taste, chill raw onions in ice water for 20 minutes before serving.

We will include the green tops on your onions for several weeks. You can eat the green tops like you would scallions. They are especially good raw in salads or lightly cooked in scrambled eggs. Keep in mind, the section of stem between the bulb and leaves will be tough and chewy.

If stored on the counter, the skin will dry and the leaves will perish. It will, however, be usable after peeling of the outside layers. Alternatively, store your fresh spring onion wrapped and in the fridge and you can use the entire plant when you are ready.

NAPA CABBAGE

Several of the early items we had planned aren't exactly panning out, so we're giving you a napa cabbage. Back-up plan in action! Please put it to good use. We will get a few new recipes together for you to try, but if you have any suggestions, please share. Several of you indicated that you have been including your napa in your daily smoothies for an added nutrient boost. Good for you to think outside the box.

One of our volunteers suggested combining ripe, mashed avocado and lime juice and massaging it into the chopped cold cabbage for a Mexican flair. Season with salt and pepper. Add cilantro if you still have some lingering. For future reference, she indicated that this is a great way to dress kale.

OAKLEAF LETTUCE

We tried an oakleaf in our taco salads this week and it was excellent. This is a lettuce that holds up well. And the flavor is very mild despite being in some warm temps. This lettuce is field grown, so expect more dirt than usual. We will field rinse, but you will have to clean it more thoroughly after removing the stem.

Your oakleaf should last up to a week or more in a plastic bag in your crisper with high humidity. Just chop the

bottom stem and wash well and spin or dry before use.

SWISS CHARD

We've had about half of you express your opinion and to-date, a majority really like it. Many members express fond memories of someone in their family always having this nearly forgotten vegetable on their table at every summer meal. In our house, we love the silky smooth leaves for making tiny wraps or dressing up our sandwiches. We haven't even been cooking it!

BASIL

The holy grail of herbs, basil is the key ingredient in pesto. There are many cultivars of basil. You have a large leaf variety called Genovese Sweet Basil and also Greek Basil with tiny leaves and tougher stems.

Known for its intense fragrance, basil is best used fresh but can also be dried. If you have not tried garlic scape and basil pesto over pasta or blackened chicken, you should give it a whirl this week. We have the recipe on our website and at your pickup on a recipe card.

GARLIC SCAPES

Have you been getting creative with your garlic? We have a lot more scapes left to harvest, so if you need any extra for pickling, freezing or otherwise preserving, please just ask. This week, Eric simply grilled the scapes alongside some steaks. Grilling pulled all of the raw heat and made them a tender, tasty addition to the each bite.

It will not be long and we will be harvesting garlic bulbs. The lower leaves are starting to yellow which means time is drawing near. We have seven varieties this year and hope to showcase each variety as they come ripe.

SPICY GREENS *(family shares only)*

You will find a mixture of mustards and arugula. These plants are all very peppery and downright hot right now as they are mature. We prefer to combine them with our mild greens for pop in our fresh salads, wraps and sandwiches. You could also braise this mixture as cooking will knock down the heat. Store and prep as you would lettuce.

We've prepared recipe cards for you to take if you'd like more ideas for using the vegetables in your share. Feel free to share your own ideas with us online or in person. Being part of a farmshare collective makes it fun. We love to hear from you!

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