



CSA PARTICIPANTS

Our appreciation goes out to all members who adjusted their schedules so we could skip coming into Medford on the Fourth of July. We thought things would be hectic picking everyone's produce in half the time, but we ended up having so many volunteers that everything was ready in record time. We were done so fast that everyone headed into the high tunnel to start to clear the way for the farm dinner. Where carrots and scallions once grew, we will soon be enjoying a meal with friends.

The We Grow family did enjoy the holiday to the full extent. We did morning chores, rotated chickens, raked hay, and tucked a wagon load of hay bales away for the winter. Then we headed to Perkiinstown to volunteer at the annual celebration and enjoy lunch and the parade. Back home to bale the last 160 bales of hay and water animals and then on to Jump River for a cookout with friends and dutch oven baking by the camp fire. And of course a late night of spectacular fireworks. Every place we stopped, we found CSA members, We Grow customers and volunteers. The network continues to grow.

When each of you signed up for our farm share program, you became part of the community supported agriculture (CSA) movement. A change in the way that we think about food. We meet with you face-to-face and learn about one another. Research shows that consumers who get their food from a farmers market have ten times more conversation than those who shop at a supermarket. You are no longer considered a consumer in the CSA system, you are considered a participant.

As we develop these relationships with our members, we learn more about the skills and goods our neighbors offer. We have made connections with photographers, contractors, artists, store owners and more. Being in a CSA is about consciously making an effort to create a better way of life with a sense of contribution to the lives of those around us. As CSA farmers, we are not striving to reach international markets or seeking to dominate the food system. We simply want to give you better food, food with a connection to the place it is grown and a better community to live in.

Making connections,

Eric & Rebecca

IN THE CRATE

Baby Red Potatoes

Broccoli

Romaine Lettuce

Red Onions with Greens

Celery

Swiss Chard

Tomatoes

Parsley

Napa Cabbage *family shares*

Cucumber *family shares*

Food and community are inseparable. Food should be shared with people that we are connected to.

- Bryant Terry

BAGS & CRATES

If you are starting a collection of We Grow reusable share bags, please bring them to the drop site next week. We are running low. Many of you doubled up on bags last week or received a bag instead of a crate. In an effort to not place another bag order until next season, we are asking for your help to get them back to us.

REMINDER:
FARM-TO-TABLE DINNER
ON THE FARM
FRIDAY, JULY 14
APPETIZERS 5:30
DINNER 6:30

Featuring our pasture-raised smoked pork, micro-brews, and wine, and fresh from the farm veggies. Meet our family and farm members. If you have contacted us about reserving tickets, but have not exchanged money, please confirm as we have reached our maximum number.

SALAD PEAS

This tender, nutritious treat is something we absolutely love for it's flavor. When the field isn't growing enough peas and we seek that pea flavor, in steps the pea shoot or salad peas.

Enjoy pea shoots in salads, stir fries, sandwiches and atop a main course as a lovely garnish. They taste much like a fresh snow pea in the spring with a hint of spinach flavor and are often used as a replacement for fresh peas. They're a good source of beta carotene, vitamin C, folate, and fiber. Enjoy this treat!

MUSTARD GREENS

This flavorful mix includes several different types of mustard. Similar to horseradish, the heat of mustard greens will hit you right in the nasal cavity, but does not linger. We prefer to combine with mild greens in a fresh fall salad. Like kale, mustard greens hold up great in dressing and won't get soggy quickly. Paired with a sweet fruit like pears slivers and mild flavored nut like pecans, you can't go wrong. Make your own lemon, balsamic vinegar, and honey dressing as tangy treat.

MIXED LETTUCE

Your mixed lettuce this week is a third pound of those favorite varieties found in mesclun mix. You will see a green romaine type, a dark red leaf type and ruffled light green. All are small and tender and very tasty. While they have been field rinsed, please separate from the stem and give a good washing before putting in your salad spinner in the fridge for storage.

RADISHES

We are on our last week of radishes. The hot weather we are getting today will send them to flowering. How fortunate we have been to enjoy some bright red beauties for an extended period of time. Apparently our new field is great for growing radishes, because we have never seen a crop like this in years past! We usually have a wormy crop by mid-June. Switching to a new variety from High Mowing Organic seeds called Sora might have something to do with this as well.

BLUE CURLY KALE

When we sell kale, we simply offer this bluish-green ruffly kale (also known as vates) as "regular old kale" because this variety has become the standard for people who have only ever bought kale in the supermarket. This kale is great for roasting and cooking as it holds its shape quite well. We also enjoy it massaged with avocado, a splash of oil and lemon juice/zest tossed with sunflower seeds as a light side dish.

BROCCOLI

The field broccoli is starting to ripen this week and we should be getting a lot of it. Again, please consider utilizing as much as the stem and leaves as you find edible. The stems actually have more sugar and less starch than the florets.

As usual, watch for cabbage worms. They are very hard to locate when we are washing your produce. They often exit during washing and cooling, but occasionally make it to your kitchen. We advise a good inspection and possible blanching to removing any lingering creatures in your organically grown broccoli.

TOMATOES *(family)*

These probably shouldn't be making the list, but we ended up with a few ripe Glacier Salad tomatoes this week and just had to share. The first tomatoes of the year are quite a treat! This variety has reliably been the first tomato of the season year after year. While we do find the skins quite thick, we feel it isn't too big of a trade-off for a fourth of July tomato. Enjoy the sampling of what is to come!

GREEK-STYLE KALE SALAD

Salad Ingredients

- 1 bunch curly kale (1/4 to 1/2 lb)
- 1/2 cup chopped Kalamata olives
- 1/2 cup crumbled feta
- 1/2 small red onion (sliced)
- 1/2 cucumber (optional when in season)
- 1/2 cup diced tomato (optional when in season)

Dressing Ingredients

- 2 tablespoons lemon juice or vinegar of choice
- dijon mustard to taste
- salt and ground black pepper to taste
- 3 tablespoons olive oil

Directions

This recipe may be prepared with raw or blanched kale. If blanching, dunk chopped kale in boiling water for only 30-60 seconds, until just tender. Rinse in cold water to stop the cooking process and drain well.

Place the kale and remaining salad ingredients in a large bowl.

To make the dressing, put the lemon juice or vinegar in a small bowl. Whisk in the dijon mustard, salt, and pepper. Then add the olive oil, continuing to mix until emulsified. Drizzle the dressing over the salad and toss well to coat. Serve at room temperature or chilled.

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