



KEEPING TIME

How different would life be without clocks and the keeping of accurate time? We watched a public television program about the origins of the clock and it turns out that people had no reason to keep track of what time it was until maps of the seas began being used for navigation. Before the industrial revolution, most people worked with the rhythm of the sunrise and sunset and did more work on sunny summer days than in the winter. This was also a time when a majority of people were farmers. When nearly every family had a large garden for growing their own food and at least a few animals for milk, butchering or to sell and earn income for materials goods.

Oftentimes, we hear of people seeking a simpler way of life in which they give up the watches and clocks in their life. This seems nearly impossible with today's technology, but just imagine relying on life's natural rhythms. One would think this would lead to a healthier way of living, one that could provide relief from my temple-throbbing, blood-pressure-ratcheting, compulsive need to monitor every minute of every unfolding day. Unfortunately most of us would be late for work, but for a farm there is some flexibility.

We've acquired more livestock over the past few months than we've ever had at We Grow. Our mornings start with chores, feeding and watering all the livestock. Then we all converge for breakfast. The complexity of breakfast is based on whether our work crew is showing up at 8:00 or 9:00 or at all, then we get started harvesting or doing field work until our stomachs tell us it is time for lunch. We get a nice break and then head back out until the evening sun is starting to let up and the sweat is no longer beading on our brows. We usually pick out veggies to go with supper, make this meal as a family and then go out and do evening chores as a team. While we probably can't give up the clock, we do live a bit more by the natural rhythms of the farm. Don't worry, the animals let us know when we are behind schedule and with east facing windows, there is no sleeping in.

Enjoying every moment,

Eric & Rebecca

IN THE CRATE

Green Cabbage
 Broccoli Shoots
 Cucumbers
 Tomatoes
 Yellow Onions
 Garlic Bulb
 Purple Top Turnips
 Mixed Beans
 Parsley or Sage
 Carrots *family shares*
 Summer Squash *family shares*

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

-Galatians 6:9

MARKET EVENT

Medford Farmer's Market Customer Appreciation Event will be held Saturday, August 19

- **VFW Brat Fry** with proceeds supporting local veterans
- **Fresh corn on cob** being sold by the Farmers Market Association
- **Free samples** of locally grown produce
- **Big zucchini weigh-in** contest open to all home gardeners. Win a \$25 market gift certificate!
- **Door prizes** given away every 30 minutes 8:30 am to 12:30 pm
- Get the science behind canning with UW Extension Professor and Family Living agent Peggy Nordgren from 10 to noon

TOMATOES

Don't forget to schedule your large tomato order today!

BROCCOLI SHOOTS

This week you are receiving an item you will only get if you buy straight from a farm, broccoli shoots with leaves. The stems are the sweetest part of the broccoli plant and the leaves are packed with as much nutrition as kale, only tastier. So don't toss the stems, steam the whole works and enjoy as you would a whole head.

While we do take measures to try and prevent bugs in your food, broccoli is very difficult to clean on the farm. Please look at the pieces carefully while cutting. Also consider blanching for 30 seconds before adding to your dish to dislodge any insects that remain

CUCUMBER

Along with previously mentioned varieties, you might find a small, round, yellowish cream cucumber in your share this week. This is a variety called lemon cucumber. The name refers to their appearance, not their flavor (in our opinion). These cucumbers are most attractive when sliced because they tend to have five lobes instead of three like most other varieties. This makes them look like flowers when sliced. No need to peel, just scrub the spines off, rinse and enjoy! The flavor is excellent.



GOLDEN ACRE CABBAGE

Looking back at our seed inventory, I had the wrong name last week. This is in fact golden acre cabbage. This variety is round and solid, with a delicate but crunchy texture and sweet, spicy flavor with buttery undertones when cooked. It is a bit smaller than other varieties we have tried in the past in hopes to make it more manageable for a couple to consume.

Eric and I love green cabbage fried and grilled, but this is also a great variety for fresh coleslaw or even fermenting. Cut the amount you need for your recipe and store leftovers wrapped tightly in your crisper drawer. Next time, simply cut off any discoloration and continue to enjoy. We've eaten our cabbage heads in this fashion for over a month with proper storage.

Our kids strongly dislike cooked cabbage. In general, our kids prefer vegetables raw rather than cooked. We don't fight them on this, just set some aside and put it on their plate raw. It saves a headache and is oftentimes actually healthier for them.

DAKOTA TEARS ONIONS

Confession: our onions are not doing as well as we would like. Apparently the new field space isn't ideal for this crop and we are heading back to the drawing board

for next season. Yes, we hear you. "Who can't grow onions!" Only a fraction of the nearly 9,000 onions we started this spring survived and are bulbing. Luckily, we planted a lot and from what remains, we will share the best ones with you.

This week we are featuring a variety we have never grown. Dakota Tears was honored as one of Organic Gardening magazine's ten outstanding varieties in their 2010 trials. This happens to also be a storage variety, but until onions are properly cured in the sun and their tops start to dry, they will not be ready for winter storage and will quickly deteriorate. Fresh onions are best kept in the fridge when uncured like in this situation.

PURPLE TOP TURNIPS

Realizing there are a lot of turnips in the field, we are sending these out again despite being damaged by root maggots. Please trim the insect damage and consume the best parts. We will include a few extra so you have enough despite the insect damage.

While many of you have indicated you ate them up raw like a radish or kohlrabi, we ended up roasting our turnips along with our white satin carrots in the dutch oven over a fire on Sunday night when we had our friends from Pine Grove Pastures over for dinner. They tasted better than I remember with lots of fresh butter, garlic cloves, rosemary and sage added for a burst of flavor. Even the kids ate some, but it might have been because they looked a lot like the carrots!

SAGE

Fragrant blue-green leaves and delicate lavender flowers appearing in early summer. Called for in many meat, sausage and stuffing recipes, sage also has a long list of historic medicinal uses ranging from fertility and hot-flashes to bleeding. It might be worth doing a little research on sage!

If you can't use your sage this week, hang it to dry for use later in the season. Dried herbs will last several months stored in an airtight container.

A quick search online will give you a place to start figuring out how best to use your sage. We found several worth trying: Tuscan vegetable soup, sage roasted root vegetables, fresh lemon and sage pasta, sage and white bean hummus, sage and lemon roasted chicken, sage butter over fresh trout, and the list goes on.

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!

PHONE: 715-427-1002 or 715-905-0431
EMAIL: farmer@wegrowfoods.com