



WORKING ENERGY

In discussing employees with our fellow CSA farmers this week, we realized that we are an amazing crew at We Grow. Growing food for people is not a glorious job. Farming is often romanticized by media, but when it gets right down to it, we are mucking through the dirt and busting our rears for several months straight. This work can wear a person out physically and mentally unless they can keep a positive attitude.

Positive attitudes and energy at a workplace can make even the worst jobs fun. Both our employees and volunteers have been a huge source of positive energy for us to gain our motivation even when something isn't going our way or we experience a failure. When asked what motivates our volunteers to be here, you might expect the response to be "for the vegetables" or "to get exercise and fresh air," but the response was "because we want you to succeed." Our volunteers and workers believe in what we are doing. What a humbling concept!

Both of our employees are bright young women who did not have gardens of their own when they started at We Grow. With a little encouragement, both have installed raised beds and are raising their own crops to feed their families. Last week, Racheal brought her beans in to show us how proud she is of growing such a bountiful crop. It brought joy to our hearts to see her success. Susan has winter squash leaping out of her beds and taking over her yard. We love it! You can't eat that grass this winter, let 'em grow. They both alert us to each "first-harvest" in their gardens.

All of our workers take pride in successful crops on our farm. This is exactly what it takes to keep doing what we do. Working alongside someone who appreciates each beautiful bright pink potato or perfectly round radish is a mental diversion from physical labor. Stopping to taste test the first red fruits and think of creative names for trial varieties makes each day in the field a new experience. The enthusiasm and positive energy is contagious. Please keep it coming!

Eric & Rebecca

IN THE CRATE

Sweet Peppers

Tomatoes

Beets or Carrots

Summer Squash

Cucumbers

Red Onions

Garlic Bulb

Mixed Beans

Herb of Choice

Microgreens

Kohlrabi *family shares*

Broccoli *family shares*

"A bad attitude is like a flat tire. If you don't change it, you'll never go anywhere."

-unknown

ON HOLIDAY

Labor Day honors the American labor movement and the contributions that workers have made to the strength, prosperity, laws and well-being of the country.

At We Grow, we plan to take the day off as much as a farmer can. There isn't any less work to do, so it will put the crunch on Tuesday morning picking for three quarters of our membership in just a few hours. Our Monday crew is coming Tuesday to get the job done so can all enjoy the long weekend.

THANK YOU

We appreciate all the feedback you have been sending recently. It helps us make decisions and implement changes to make improvements. We are considering offering a market style pick-up on the farm for custom weekly shares in 2018.

SWEET PEPPERS

We have a mixed bag of sweet peppers coming at you this week. The large pointing creamy white variety is a Hungarian sweet wax pepper or a variety from Baker's Creek called Mira. Pointed, wedge-shaped fruits with purple streaked with pale yellow undertones is called Violet Sparkle Pepper from Baker's Creek Heirlooms as well. All three of these are sweet and full of flavor. You may find you need to use less pepper than normal in your recipes for the flavor is tastes less watered down than store bought. Finally, the long, pointed green variety is called carmen. This is a very productive hybrid variety from Johnny's Seeds. A classic Italian Corno di Toro type, it has received rave reviews for it's flavor. Great for salads and roasting.

Colored peppers are ripe versions of green peppers. They taste sweeter and fruitier than green peppers. In northern Wisconsin, we have to have consistent warm weather for peppers to fully ripen to red, yellow or orange. All should be stored in the crisper drawer in the fridge and last up to a week or more.

BEETS

We are offering beets or carrots for those of you who have a strong dislike for beets. There are both golden crex beets and rhonda red beets in your bunches. We have found the golden beets to have a far less "beet-y" flavor than the dark red. That dirt flavor is cause by oxalic acid and is what makes beets so healthy for us.

We never ate much for beets until Eric started roasting them with a mix of other veggies. He cuts the top and the root and then halves or quarters to get them all uniform in size and add them to our roasted veggies piled up with fresh herbs. Surprising they taste fantastic and you do not have to peel them. Generally speaking, most of the nutrition is in the skin.

HERBS

We will likely give you free choice from the herbs for the remainder of the season. We have given you samples of what we have growing and now we will rely on your culinary sense to make this choice each week. In the past, we have provided dill weed, basil, parsley and sage, but we will also be offering small amounts of oregano, rosemary and thyme. If you have a special request or recipe in which you need something in particular, please just send us a message and we'll save it for you.

KOHLRABI *family shares*

You should recognize this vegetable as we have put it in shares in the past. Again, kohlrabi is one of those vegetables that you don't really need to do much with to en-

joy it. It's a great vegetable to snack on with your favorite dip or salad dressing. Sprinkle it with a little salt and/or a squeeze of lemon and you're on your way. Lightly sauté it or stir-fry it with a little butter or a simple sauce, and don't forget to add the greens too. In our house, we've more recently come to love it as an addition to roasted veggies. Just cut into uniform slices or wedges first.

To prep, peel off the tough, outermost layer of woody skin. More should be removed from the root end and less as you work your way to the top. Then snack on the inner flesh. Store wrapped in the fridge.

MICROGREENS

With no lettuce to make a salad, what will you do with microgreens? Well, you can get someone else's lettuce and spruce up your lunch salads, pile a small handful on top of your freshly baked pizza to add a crisp topping, stir them in at the last minute or use as a garnish, layer a few microgreens instead of lettuce in a chicken sandwich, or add a handful to a kale smoothie.

GREEK TOMATO SALAD

Ingredients

- 3 large ripe tomatoes, chopped
- 2 cucumbers, peeled and chopped
- 1 small red onion, chopped
- 1/4 cup olive oil
- 4 teaspoons lemon juice
- 1 tsp oregano OR 1 1/2 tsp basil OR 1 1/2 tsp parsley
- salt and pepper to taste
- 1 cup crumbled feta cheese
- 6 black Greek olives, pitted and sliced

Directions

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion. Sprinkle with oil, lemon juice, herbs, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. (Optional: Top dress with microgreens for added flair and flavor.) Serve immediately.

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