



A GROWING PASSION

Hello, We Growians! Intern Racheal Here!

As I am packing up my bags and getting ready to make the lengthy haul to the UW-River Falls campus for the school year, I am becoming a bit sappy knowing my days at We Grow are soon coming to an end. When Rebecca and Eric approached me in January about a potential internship on their CSA farm, I never could have imagined that leaving this farm, come August, would be so hard!

Rebecca and Eric told me that they wanted me to learn as much as I possibly could while I was on their farm. Well, they definitely held up their end of our bargain. I can now impress members with memorization of the MANY varieties of kale and heirloom tomatoes, capture a swarm of honey bees, and grow my own vegetables in my own garden.

However, these are not the only things that I was taught this summer. I was also taught the importance of taking pride in a job well done, how to endow my passion for agriculture unto others, and how to value a homegrown meal. From planting my very first seeds, in the end of May, to harvesting my first heads of cauliflower this week, I've really come to take pride in completing a job from start to finish. It is very refreshing to look down rows upon rows of fresh transplants, knowing that I will help fill shares for an upcoming week. As I continue to personally meet more and more members, I learn that you too, have a pride in the work that we do on the farm. Having this sense of pride is important as it fuels our passion. I've also experienced the passion that the Zuleger's have, it's contagious to say the least. It's the kind of passion that sends you home, building up a raised bed garden with a future harvest in mind. I know that their passion has spread to me as I too have put in a garden to make my first homegrown meals with produce that I grew.

Thank you for your support and for the unforgettable summer.

Racheal Krug

IN THE CRATE

Adirondack Red Potatoes
 Green Cabbage
 Summer Squash
 Aisla Craig Onion
 Broccoli Shoots *couple shares*
 Cauliflower *family shares*
 Sweet Peppers
 Tomatoes
 Garlic Bulb
 Mixed Beans
 Herb of Choice
 Cucumbers *family shares*
 Carrots *family shares*

"There is no gardening without humility. Nature is constantly sending even its oldest scholars to the bottom of the class for some egregious blunder."

-Alfred Austin

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 we can all enjoy the long weekend.

BAG REUSE

If you have clean plastic or paper grocery bags good enough to be reused, please share them with us when you get your share. We'll put them to use!

ADIRONDACK REDS

Adirondack red potatoes are pink thru to the center. These are a healthier potato with lower carb ratio than yellow and white flesh potatoes. Because both the skin and the flesh are colored, they have high levels of antioxidants compared to white or yellow varieties.

Adirondacks were bred by Cornell University and released in 2004. We have grown these in the past and they do well for us due to being largely resistant to common scab, which is present in our soil.

They are good boiled or pan-fried, but they really shine when roasted as the flesh has a great creamy texture. As usual, potatoes should be stored in a cool, dry, dark place, but not in the fridge. Do not wash until ready to use as the skins are very thin and fragile. Damage will cause them to deteriorate quickly. We recommend scrubbing the skin and eating in tact rather than peeling for much of the nutrition is in the skin.

AISLA CRAIG ONION

Aisla Craigs are an heirloom variety of onions generally noted for their huge size. Records are broken with this variety. Aisla Craigs are large Spanish onions with delicious sweet flavor perfect for burgers and salads. You can use the green tops as a replacement in recipes that call for onions or scallions. Get creative! Store fresh, uncured onions wrapped in the fridge. Starting next week, we will be sharing dried cured onions.

SWEET PEPPERS

Again, we have a mixed bag of peppers and all of them are sweet, not hot. The large wedge-shaped creamy white variety is a Hungarian sweet wax pepper or a variety called Mira. Pointed, wedge-shaped fruits with purple streaked with pale yellow undertones is called Violet Sparkle. The long green pointed variety is Carmen. The black bell is called Purple Beauty. Again, all are sweet and full of flavor.

GARLIC

We would like to think that our members are spending enough time whipping up garlic laden recipes that they are using up their garlic each week. Sometimes this is not the case. For this reason, we are reminding you that your garlic will last a very long time. Properly stored, the garlic we give you this week will still be consumable until next June when fresh garlic starts again.

A few tips: Store bulbs whole whenever possible. Use a mesh or paper bag or container with holes. Sealed in a plastic bag will encourage mold and sprouting. Ideal storage temp is 60°F in dry, dark conditions. We also love to add garlic cloves to a brine and pickle our garlic for healthy treat all winter long. Our kids LOVE it this

way and snack on it for breakfast!

GREEN CABBAGE

It has been two weeks since we shared your last cabbage. Have you found a use for it yet? We are still working on ours too, so this week we will cut it into small pieces, blanch it and put it into the freezer destined for winter soups and hot-dishes. We like to freeze it on a cookie sheet then bag it when it's frozen so we can pull out small amount at a time only as much as needed.

You could also make grilled or roasted cabbage slabs, boiled dinner, corned beef and cabbage, fermented cabbage, orange/lime slaw, or cabbage rolls.

UNROLLED CABBAGE CASSEROLE

Ingredients

- 2 pounds cabbage, roughly chopped
- 1 pound ground beef
- 2 and tablespoons olive oil
- 1 large onion, chopped
- 1 large sweet pepper, finely chopped (optional)
- 4 cloves garlic
- 2 tablespoons plus 1/2 cup tomato paste
- 1/2 cup tomatoes, diced
- 1 cup rice, washed and rinsed well
- 1 and 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 lemon, squeezed
- handful of chopped parsley
- 3/4 cup water
- 1 teaspoon cayenne pepper

Directions

Chop the cabbage roughly and blanch in boiling water, for about 5-10 minutes.

Brown beef. Cover the pan and cook until there is little water left. Add olive oil, onion, garlic, pepper and cook stirring for 5-10 minutes. Add in 2 tablespoons tomato paste and 1/2 cup chopped tomatoes. Stir well. Add in rice and stir.

Season with salt and black pepper. Add in the chopped and blanched cabbage in the pan. Pour lemon juice over it. Stir well. Add chopped parsley, pour 3/4 cup water and cover the pan. Cook it over the lowest heat until water is absorbed and rice is cooked, for 15-20 minutes.

Preheat oven to 350°F.

Add cayenne pepper and add 1/2 cup tomato paste into the pan, stir and transfer it to a casserole pan that is lightly brushed with oil. Bake for 40 minutes.

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