



*Opening the capped honey in preparation for extracting.*

## SMALL FARM LANDSCAPE

Weather is often talked about in our newsletters as it dictates everything we do on the farm. But weather is getting more attention the past couple weeks for the disastrous results of some powerful storms doing serious damage, even taking lives. In watching the news reports on television, we can only imagine what these folks are experiencing and feeling fortunate to live where we do and only have to worry about floods and tornadoes, and not hurricanes and earthquakes as well.

In the wake of the damage, a reporter was speaking with a restaurant owner in Florida who had ridden out the storm. A portion of her business was badly damaged, but the restaurant was largely in tact and she was feeding the rescue workers as it was the only food establishment left in the area. The trouble was no deliveries could get into the area leaving only local producers to provide food for these people. Though I would assume some folks were planning ahead and had local stores put away for just this situation. But surely not enough for the entire community.

The entire situation brings to mind the flooding in northern Wisconsin last year when our farming friends near Marengo made their CSA delivery when all other traffic was prevented from entering the area due to washed out roads. They were able to get their produce into Ashland to local grocery stores when trucks from out of the area could not.

This is cause for us to think about the value of having small farms spread out across the landscape to meet the needs of their own community no matter what else is happening far away. By shifting our consumerism to corporate farms, we have eliminated much of our local food sources that were commonplace before the invention of refrigeration. But at what cost have we created this "convenient" and "inexpensive" food system? With catastrophic drought then heavy rain cycles in the western states, corporate agriculture has made a major shift to the midwest the past ten years. A place where weather hasn't made farming boom or bust. But how long will we be able to keep up until "natural" disaster strikes here too?

Feeling like fortunate midwesterners,

*Eric & Rebecca*

## IN THE CRATE

Tokyo Salad Turnips

Delicata Winter Squash

Adirondack Blue Potatoes

Baby Bok Choy

Arugula Greens

Choice of Tomatoes

Garlic Bulb

Green Beans

French Breakfast Radishes

Carrots *family shares*

Cucumbers *family shares*

**"Real food doesn't  
have ingredients.  
Real food is  
ingredients."**

*-Jamie Oliver*

## COLLECTIVE

There is now a private group on Facebook for members to share cooking tips and recipe ideas with others in the group. It will be easy for folks to come back to this page for ideas when they get their weekly shares. Not knowing what to do with specific items is a common discussion, your tip might help someone struggling to use their share. Just search **We Grow Farm Collective** or use the link on our farm page.

## OH HONEY

We extracted our honey crop on Sunday and have a bit to offer our customers. This is a blend of all the types of flowers that blossom over the entire season in our area including clover, basswood, goldenrod, and anything else our bees can find. The cost is \$15 per quart (2.8 lbs) or \$8 per pint (1.3 lbs).



## TOKYO SALAD TURNIPS

A few years ago as we walked through her tunnel, Stacy at Red Door Family Farm handed us each a little white turnip. We couldn't believe the creamy, juicy texture that was waiting inside! She saw the look on our faces and quickly confirmed, "They are unfairly named turnips. They are so much better than turnips."

In the organic farming world, they are often called hakureis, but few would recognize the Japanese word unless they've been in a CSA. These salad turnips taste amazing fresh from the ground and they're not something you can get in the store.

We have only been eating them fresh raw. The larger ones can be peeled if you want to cut the radish like spice out entirely and just enjoy the kohlrabi like center. The tops are very tender unlike purple top turnips. These have only been in the ground about one month, so if you want to try sauteed turnips greens, this is the variety we suggest. Most of the recipes we have found online suggest cooking the turnip roots along with their leaves for the perfect combination.

## DELICATA

If you've never had a delicata winter squash, you are in for a treat! Not only are delicata one of the longest storing squash, they are super easy to clean, cut, cook and eat. The flavor is very rich and creamy and needs no amending to taste great. We simply cut the squash into half-inch rings, spread on a baking sheet with a little olive oil and roast at 375° for about 40 minutes or until tender flipping once - depends on piece size.

Salt is the only seasoning needed as they are so sweet and tasty. The edible skin gets tender during roasting. Can you picture us sitting around the table when dinner is over grabbing the last pieces of squash with our fingers like french fries?

Delicata is also great for stuffing with a generally uniform shape and consistent thickness. Try to cut the squash in uniform halves for consistent cooking time.

## ARUGULA

You have had arugula in previous shares, but just a reminder that it is a nutty, peppery green that is most often used fresh. Add arugula to other, milder greens for a salad with a nicely sharp, spicy edge. It is very popular in Italy, where it is also used in pasta sauces and to top pizzas hot from the oven. Arugula can also be stirred into soups, folded in potato salads, made into a flavorful pesto, or wilted to serve as a bed for roasted or grilled meat, fish and poultry. Combine with tomatoes, basil and fresh mozzarella cheese for a fresh take on Caprese salad.

## BABY BOK CHOY

A deep green leafy vegetable loaded with nutrition, bok choy resembles Romaine lettuce on top and celery on the bottom. Bok choy is a crucifer closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In cooked dishes, the leaves and stalks should be added separately, since the stalks take longer to cook.

Bok choy can also be steamed or boiled, but the stir fry method of cooking seems to release the best flavors. Kimchee is the Korean name for pickled bok choy. When shredded, it makes great coleslaw. An alternate take: try bok choy sautéed with ginger and garlic.

## ADIRONDACK BLUES

Another interesting potato this week from the Adirondack line. This time blue! In the past we've grown a variety called All Blue that has a more mottled blue center, but they is highly susceptible to scab whereas the Adirondack strains are not and grow better on our farm. Contrary to popular belief, this isn't an old heirloom variety. Like red, blue was released by Cornell University potato breeders in 2003.

The Adirondack varieties are unusual because both the skin and the flesh are colored and have high levels of anthocyanins. This is a waxy variety which makes it great for boiling or mashing, but this variety is also good for baking becoming very creamy. It can be used for brightly colored salads. Unlike many blue potatoes, it does not turn grey after boiling.

## ROASTED BABY BOK CHOY

*This simple side dish comes together quickly.*

### Ingredients

- 4 bunches baby bok choy (1 lb) trimmed, leaves separated
- 4 teaspoons cooking oil
- 1 clove garlic, minced
- ¼ teaspoon kosher salt
- ½ teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- ¾ teaspoon dried tarragon or 1½ tsp chopped fresh
- 1 teaspoon mirin (Japanese rice wine)
- Freshly ground pepper, to taste

### Directions

Preheat oven to 450°F. Toss bok choy, oil, garlic and salt in a roasting pan. Roast on lowest rack, stirring twice, until wilted and tender-crisp, about 6 minutes. Whisk lemon zest and juice, tarragon, mirin and pepper in a small bowl. Drizzle over the roasted bok choy.

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