



CAREFUL WHAT YOU WISH

What a great first week meeting our new members and catching up with the rest of you! As requested, the weather made a 180-degree turn. Now things should grow. As long as the little plants get consistent moisture. The peppers are in their beds and soaking it up. Corn is in the ground. Beans will be replanted as they are coming up sparse. Lots of beets are popping up in rows. Potatoes are coming along nicely too. Carrots, kohlrabi and broccoli from the tunnel should be ready over the next two weeks for your shares. We can't wait for those carrots! Matter of fact, Dene samples them every day to make sure they are doing good.

This week we moved the young chickens outside and took away their heat. They are adjusting well. Some weren't sure what to do in the green grass at first, but they learn quickly to chase insects and scratch in the dirt. Realizing our farm emails sent over the winter are often spammed, if anyone else is interested in purchasing processed meat birds please talk to us. We are doing two batches of 100 birds this summer and they will be available for purchase in late July and early October.

This week, we started attending three markets per week and this consumes a huge amount of time. We had planned all winter on heading to our friends at Pine Grove Pastures to help them get their crops in with our water wheel planter, but the rain kept it from happening in a timely fashion. So finally late last week, Eric and Racheal went there one long day to help them get caught up on planting. Hopefully they will be back on track.

Those of you attending Saturday market in Medford might notice that we have been selling some produce from Red Door Family Farm in Athens. They are very good friends of ours and we help each other in any way possible. They had some produce ready ahead of their schedule and we are excited to offer it to our customers. One thing we noticed about the organic farmers we know is that they are relieved to hang out with people who have the same crazy lives as them and always show up to help you out when it is needed most.

Until next time,

Eric & Rebecca

IN THE CRATE

Snap Peas *couple shares only*
Scallions
Green Leaf Lettuce
Spring Kale Blend
Mustard Greens
Arugula
Green Garlic
Parsley
Swiss Chard *family shares*
Broccoli *family shares*
Rainbow Carrots *family shares*

Great food, like all art, enhances and reflects a community's vitality, growth and solidarity. Yet history bears witness that great cuisines spring only from healthy local agriculture.

- Rick Bayless

FARM DINNER

We are planning our annual farm-to-table dinner for Friday, July 14. Reservations will be available to members first. We can not charge for the event as we are serving alcohol and can not get a license. Instead we will be asking for a donation from those in attendance, but the details are still in the works. This is the first season we are hosting the event at our farm, and we appreciate your patience as we work out the legalities.

BE SOCIAL



Share a recipe you tried with this week's produce along with your tips and photos on We Grow's Facebook page. You're now part of the local eating collective!

ARUGULA

Arugula is a very spicy, nutty green best taken in small quantities or mixed with other greens if eating fresh. While we love it on salads and sandwiches, it can also be used braised or massaged with your favorite oil to take away some of the peppery spice. Pairs well with mild, white cheese like goat cheese or feta along with toasted walnuts. Store in fridge in a bag or salad spinner. Wash immediately before eating.

MUSTARD

You will find a mixture of colorful mustards in your shares this week. These plants are all very peppery and get downright hot the longer they are allowed to grow.

We prefer to combine them with our mild greens for pop in our fresh salads, wraps and sandwiches. You could also gently braise this mixture as cooking will knock down the heat. Most cooked recipes call for an acid to balance the flavor. Or update on the classic spinach dip with mustard greens. Their assertive flavor pairs really well with the creamy ricotta. Store and prep as you would lettuce.

SCALLIONS

Aka green onions, scallions are essentially young, tender onions in which the bulb has not formed. Suffering from prolonged wet feet throughout May, the scallions are a bit on the small side but still just as tasty. Scallions aren't as strong as regular onions so they can be enjoyed raw on salads, eggs, cottage cheese, etc. Utilize every part except the roots and store in a bag in the fridge.

MIXED KALE

Have you eaten your kale from last week yet? If not, consider blanching it in a pot of boiling water for only 30 seconds, immediately dip in cold water, then freeze for when you have a cool day this fall and can make some creamy potato soup. Find the recipe on our website. Also tastes great chopped up in scrambled eggs, keish, and lasagna or even in place of spinach in dip, just blanch first.

SNAP PEAS

Your peas are snap peas, a variety called Sugar Ann. Every year, people ask what that means. Here are the details on peas: Shell peas, or English peas, are tender peas growing inside a tough pod which is discarded. Snow peas have a sweet a delectable pod harvested while peas are still small. Snap peas have an edible pod as well as plump peas inside. Enjoy this treat as it actually the first time we've ever grown snap peas. Don't wash before storage, only when time to eat.

SWISS CHARD *family shares*

Chard is the edible leaf and stem portion of a plant very closely related to the beet. In fact, the part of the plant above the soil looks identical. The only difference is that there is no round, edible root. This means chard is very healthy for you, loaded with vitamins A, K and C and 13 different antioxidants! Don't skip this one folks. We eat a lot fresh on salads and in wraps, but we also recommend simply sautéing chard in butter with a little salt and pepper. If you have to mask the flavor to get your picky eater to eat it, finely chop and add to veggie rice, orzo or barley pilaf with some fresh garlic.

BROCCOLI *family shares*

This round of broccoli is somewhat free of cabbage moth larvae (little green worms) but keep in mind that they are often prevalent on organic farms. Leave broccoli in a plastic bag overnight in the fridge and the worms will often come out. If we are cooking with the broccoli, blanch it for 30 seconds to dislodge the pests.

LEMONY PASTA WITH WILTED ARUGULA

Ingredients

- Coarse salt and ground pepper
- 3/4 pound short tubular pasta
- 3 ounces wild or baby arugula (3 cups)
- 2 tsp grated lemon zest, plus 1 Tbs lemon juice
- 2 tablespoons extra-virgin olive oil
- 3/4 cup grated pecorino cheese

Directions

Cook pasta according to package instructions. Meanwhile, in a large bowl, combine arugula with lemon zest and juice; season with salt and pepper. Drain pasta and immediately add to arugula along with oil and cheese. Toss and season with salt and pepper. Serve topped with more cheese if desired.

MUSTARD & ONIONS

Ingredients

- 1 tablespoons unsalted butter
- 1 small onion, cut into 1/4-inch dice
- 1/2 pounds mustard greens, washed and chopped
- 1/2 teaspoon coarse salt
- freshly ground pepper to taste
- 1/2 teaspoon freshly squeezed lemon juice

Directions

In a skillet, heat butter over medium-high heat. Add diced onion, and saute until translucent and beginning to brown, about 6 minutes. Add the prepared mustard greens, and sprinkle with salt and pepper. Toss until just wilted. Toss with lemon juice just before serving.