



THE FACE OF YOUR FOOD

As we get ready to harvest for week seven, we are also busy making preparations for our first dinner that is actually on our farm. Cleaning up things that haven't been touched in years to try and make this place look presentable. Everyone should have a gathering at least once a year to get things into shape. Wow are things getting done! We met with our chef earlier in the week and chose the items for the menu right from our fields. The Idaho Pasture hogs are butchered and curing in preparation for a slow two-day smoking process. Desserts have been sampled, a few times. The pack shed is even getting sinks and counter tops installed at the last minute in an effort to set up a makeshift kitchen for this event. We are planning on making the farm dinner an annual event, so it will only get easier after we get this first one under our belt.

There has been a obvious decline in the local farmers market the last two weeks. We lost two vendors from the Medford markets in large part for lack of produce. Some vendors buy much of their produce at the weekly auction in Withee and resell at the farmers market. With the poor spring, auction prices are high and vendors are not able to resell as they have in the past. Those of us remaining at market are offering less than normal and customers are getting discouraged.

Produce resale has been a point of conflict in years past at the Medford Farmers Market. Most consumers are completely unaware if their items are coming from a different region, lack freshness and contain unwanted inputs. In our experience, consumers shopping at a farmers market make the general assumption that those farmers grew the food they are selling. This is a form of deceit, particularly if products go unlabeled as such. Our best advice is to talk with the farmer and ask them straight out if they grew what you are buying. Most aren't afraid to tell you where it is from. Obvious things like melons or sweet corn in mid-July are cause for question. Others aren't so obvious. Just ask when in doubt. Or better yet, join them for dinner and visit your food in their fields.

Excited to share our farm,

Eric & Rebecca

IN THE CRATE

Baby Red Potatoes

Broccoli

Romaine Lettuce

Onions with Greens

Celery

Swiss Chard or Kale

Tomatoes

Parsley

Napa Cabbage *family shares*

Cucumber *family shares*

My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman and a preacher, but every day, three times a day, you need a farmer.

-Brenda Schoepp

RECIPES

If you are having a hard time utilizing something you have been receiving, please don't hesitate to ask for some advice. You can call, talk with us when you pick up your share, or reach out to us online. There is also some great activity on our Facebook page. Don't be afraid to post your questions on our wall and expect some feedback from the members and customer collective.

PLASTIC BAGS

We struggle with the fact that we give you so many plastic bags to help keep your produce fresh. We can't reuse these. If you aren't already, please consider recycling your plastic bags. It's not hard once you get in the routine. In our house, we collect plastic bags inside our reusable grocery bags and take them to County Market's plastic bag recycling bins. This way they are made into other products instead of landfilling.

BABY RED POTATOES

We have had trouble with potatoes in years past. We lost nearly an entire crop to insect infestation in year one and August drowning in year two. Now that we have moved our potatoes into a rather sandy field, we have finally got this Wisconsin loving crop doing well.

Typically we wait until the tubers are just a little bit larger before harvest, but there isn't much that tastes better than those first baby reds, boiled and topped with butter and parsley. We could not resist. Melt in your mouth yumminess.

Potatoes do not need to be stored in the fridge, but in the case of fresh baby reds, it will not hurt them.

ROMAINE LETTUCE

We typically switch to romaine lettuce in the heat of the summer, because it is less likely to bolt (go to seed) in the intense heat. Bolted lettuce will take a very bitter flavor. And in an effort to mix it up a bit, we planted three new varieties of romaines this season including reds and bi-colors.

Romaine from the garden has more flavor than that from the supermarket. Don't be shocked if you can actually taste the lettuce in your salad.

ONIONS

At this point in the growing season, the onions are still small. We only include a few and encourage you to chop up the tops like you would scallions in salads and cooked dishes. The mild flavor and attractive bright green color of onion tops goes perfectly in cold salads.

BROCCOLI

You will be receiving broccoli for a few weeks while we wait for more to come into season. We planted the broccoli in early May and it is one of the few crops doing very well and we planted a LOT of it. If anyone would like shoots for chopping and freezing, please just ask.

As usual, watch for cabbage worms. The easiest way to tell if you still have some critters in your broccoli is to look for their scat (droppings) inside the bag. Small green and brown spheres. If they have a trail in the bag, you should try to locate the worm before cooking.

CUCUMBER *(family)*

Our first cukes of the season! Some of you are getting a white variety called silver slicer. The green variety is called jade. While all cucurbits (cukes, melons and squash) are a bit behind for us, we are excited to the vines catching up and flourishing. We will have cucumbers for everyone very soon!

GARLIC PARMESAN BROCCOLI & POTATOES IN FOIL

Ingredients

- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1/4 teaspoon onion powder Kosher salt and freshly ground black pepper, to taste
- 24 ounces broccoli florets (about 5 cups)
- 16 ounces baby potatoes, halved
- 1/4 cup freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves

Directions

Preheat oven to 400 degrees F. In a small bowl, whisk together olive oil, garlic, Italian seasoning and onion powder; season with salt and pepper, to taste.

Cut four sheets of foil, about 12-inches long. Divide broccoli and potatoes into 4 equal portions and add to the center of each foil in a single layer.

Fold up all 4 sides of each foil packet. Spoon the garlic mixture over the broccoli and potatoes.

Fold the sides of the foil over the vegetables, covering completely and sealing the packets closed.

Place foil packets in a single layer on a baking sheet. Place into oven and bake until tender, about 12-14 minutes. Cooking time will vary depending on the size and thickness of the potatoes, so check for doneness with a sharp knife before serving.

Sprinkle with Parmesan and parsley and serve immediately.

PARSLEY POTATOES

Ingredients

- 1½ to 2 pounds small red potatoes
- kosher salt and freshly ground black pepper
- 3 tablespoons butter, cut into slices
- 1/4 cup chopped fresh Italian parsley

Directions

Add the potatoes to a medium saucepan and cover with cold water by 2 inches. Bring to a boil and add 1 teaspoon of kosher salt. Reduce to a rolling simmer and cook until the potatoes are fork tender and the skin is beginning to fall away from the potatoes, about 20 minutes. Drain the water from the pan. Quickly add the potatoes back to the saucepan with the butter and parsley, and season with kosher salt and freshly ground black pepper. Give the potatoes a vigorous stir with a wooden spoon or shake with the lid on so the potatoes break up a bit. Let sit on the still warm (but off) burner for 5-10 minutes and serve.