



Two litters of piglets were born last week. The second during our dinner event.

FOR LOVE OF TOMATOES

A new season started this week at We Grow, tomato season. We will pick these delicious, versatile fruits every three days, now through first frost. Some days we will harvest upwards of one thousand pounds. It seems like a lot, but imagine everything we can make with tomatoes besides simply eating them fresh - pasta sauce, soup, ketchup, enchilada/taco sauce, juice, steak sauce, salsa, and the list goes on! If you find yourself with an over abundance of tomatoes, just toss them in the freezer whole and raw. When you get them back out, run them under warm water to remove the peeling if your recipe requires such and you are ready to cook with them. No more blanching! This technique has been invaluable to us as we freeze a small amount each week and then process them when the days get cooler.

We are growing 37 different varieties of heirloom and open pollinated tomatoes in 2017. Plus, we have ten varieties in the UW Madison Seed to Kitchen trials and five in the Organic Seed Alliance trials. Heirlooms come in many colors from pink and red to yellow or even indigo. Rather than rely on color to determine ripeness, simply squeeze the tomato for firmness. When they start to soften, they are at maximum flavor.

Our flavorful blend of heirloom tomatoes makes amazing recipes and are available to members first, so please let us know how many pounds you would like, what you need them for (juice or sauce), and when you would like them. We can deliver with your share or at market, or you can get them on the farm any day of the week. Make your requests now so you get on our picking calendar. We do not offer tomatoes by the bushel as we have found this is very inconsistent amounts. Bushels of tomatoes all weigh different amounts based on their variety, the size of the tomato, and who is packing the box. We simply offer them by the pound. For recipes, figure a bushel is about 50 lbs. Farm members pay \$1.00 per lb when you take \$25 lb minimum. All non-members must have 50 lb minimum for this rate.

Rolling into some new crops,

Eric & Rebecca

IN THE CRATE

Cucumbers

Broccoli

Romaine/Curly Lettuce

Onions with Greens

Red Russian/Lacinato Kale

Tomatoes

Cilantro

Summer Squash/Zucchini

Snow Peas *family shares*

Red Potatoes *family shares*

Hard work does not necessarily guarantee success, but no success is possible without hard work.

-Dr T. P. Chia

FRESH CHICKEN

Our pastured/non-GMO broiler chickens will be processed this week. This variety, called Freedom Rangers, is finishing really nice as they spend their days relaxing on free-range. This meat is so much more flavorful than store bought!

If you placed an order this spring, please talk to us about how to have your birds processed. Quartered, half or whole; giblets, neck, feet or only some of the above. All options come with small fees.

If you are interested in purchasing our farm fresh chicken, we will have about 25 extra birds to sell from this batch. Second batch will be ready in late September or October. Reply to a farm email or call Rebecca at 715-905-0431 for more information or to order.

THANK YOU

everyone who helped and attended our farm dinner. What a memorable evening. We are already looking forward to next year's event!

SUMMER SQUASH

It is a love hate relationship with summer squash. We wait so eagerly to get those first precious fruits, but by the end of the season we are inundated with far more than we can consume and start looking for places to get rid of it. Even the pigs get tired of it by September. We have 4x more summer squash plants than we have ever had and chose six new varieties for you to taste test. And none of them are a normal straight, dark green zucchini. All have been chosen for taste, uniqueness, and versatility.

At our house, Gus absolutely insists that spaghetti and lasagna must have chunks of zucchini. That means we are blanching and freezing it in slices for adding to our meals all winter. We also add it to our tomato sauces right before canning.

All summer squash is known for its ability to absorb the flavors of your dish whether that be ginger stir fry, fresh tomato sauce, or vinegar marinade. We also like to batter and fry, saute, grill with salt and pepper, and use as a replacement for pasta with our "zoodler." Bear in mind, it is easy to over cook, especially the soft centers. Store in the fridge in your crisper drawer for up to a week.

If any members want extra as we roll into August please don't hesitate to ask. You can get as much as you need when we begin harvesting an over abundance.

BROCCOLI

More broccoli! If you are getting tired of it, please consider a quick blanching and then put it into the freezer for use this winter. Just chop to desired size, place in boiling water for about 3 minutes, then cool in cold water. We freeze broccoli with extra water to prevent freezer burn which is caused by air gaps in the package. One thing we have adapted to as in-season eaters is freezing and canning vegetables so we aren't forced to get our veggies from the supermarket in the off-season.

CUCUMBER

The cucumbers are just starting to come! Some of you are getting a white variety called silver slicer. Silverslicers have been heralded by many growers as one of the best tasting cucumbers they've grown. While this may be a stretch, we know that home grown cukes always taste better than store-bought and the first ones are the best no matter what variety. We also love this variety because they are so much easier to find in the field among the green vines and leaves. When it comes to cukes, almost all the nutrition is in the peeling. Despite your qualms, try not to peel them and see if you can handle it. Or try just peeling half and compromising. The inside flesh is nearly all water. Sidenote, they are great for hydration and are excellent when juiced and added to lemonade.

SNOW PEAS *(family shares)*

The peas in the field are at least one month behind any other year but surprisingly still growing despite the heat. The deer have nipped the tops, but they have come back with branches and blossoms galore.

Snow peas can be eaten in their entirety. Store as is in your fridge. Do not wash before storage as they can become slimy which is indicative of bacteria growth. Instead, wash before eating. Enjoy them whole (just trim the stem) in your favorite stir fry, chop 'em up and blanch for 30 seconds for cold pasta-type salads, or just munch 'em up fresh. Kids love these raw!

EASY CUCUMBER TOMATO SALAD

Ingredients

- 1 cucumber, diced (peeling optional)
- 2 ripe heirloom tomatoes, diced
- 1/2 medium red onion, chopped
- 2 tablespoons red wine vinegar
- 3 tablespoons extra-virgin olive oil
- Handful parsley, chopped
- Salt and pepper

Directions

Combine all ingredients in a bowl. Dress with vinegar and oil, salt and pepper, to your taste.

APPLE CIDER HONEY BASIL VINAIGRETTE

This salad dressing was featured at We Grow's 2017 Farm-to-Table Dinner. It has been the most requested recipe from the evening. If there are other recipes you are interested in, please let us know.

Ingredients

- 1 garlic clove, finely minced
- 1 tablespoon Dijon mustard
- 1/4 cup apple cider vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons honey
- 1/3 cup extra virgin olive oil
- 1/4 cup of fresh basil chopped
- salt and pepper to taste

Directions

Combine all of the ingredients in a mixing bowl except olive oil and basil. Slowly add olive oil while whisking. Once all the oil is whisked in add and whisk in fresh basil.

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