



OVERFED BUT STARVING

A quote by Daniel Vitalis came up that read "our people are overfed, but they are also starving to death." It fits us into our topic of nutrition in relation to agriculture this week.

It's hard to imagine, but we went well over a week without any precipitation here at We Grow and found ourselves watering in the field. Watering is one of the few opportunities we have to add more nutrients to our soil and plants mid-season. Oftentimes we are looking at a blend of organic fertilizer with the big three, nitrogen, phosphorous and potassium and some have added magnesium, calcium, sulfur and boron micronutrients to really give plants a boost. But what about the remaining nutrients? Why don't we talk about all the other elements of the periodic table? Because we don't yet know their function within the plant, nor do we fully understand the importance of these trace minerals in the human body.

People are growing increasingly concerned about wearing out our agricultural land and depleting the nutrients. The science is contradictory on this subject, but we see an overwhelming amount of research showing that growing with the most biologically balanced soil - or making sure all the major and micro nutrients are present - results in optimal growth. The good news for our customers is that the side effect of biological based production (growing organically) is nutrient dense vegetables and protein (livestock fed with organic feed). Tissue samples show that you get more nutrition, flavinoids and in each bite. Thanks to Tom T., we have started utilizing Sea Crop with 90 different trace minerals to boost soil and plant health in 2017.

And at a time when most Americans don't eat the recommended servings of fruits and vegetables, perhaps the most important step is to simply add them to your diet. But there are potential health benefits as well, at least when it comes to maximizing the nutrients you get from foods.

Eric & Rebecca

IN THE CRATE

Turnips with Greens

Cucumbers

Curly/Romaine Lettuce

Summer Squash/Zucchini

Garlic Bulb

Tomatoes

Broccoli Shoots

Basil

Snow Peas *family shares*

Wax Peppers *family shares*

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

-Thomas Edison

POULTRY

Our first batch of birds is all sold! Thank you everyone for your interest in our farm products. We did go with a USDA inspected processor this round and they turned out very clean and kitchen ready.

We have started a list of people who want our fall birds, so please make sure you contact us right away if you would like some as well. The second batch will be ready in late September or October. Please email or call Rebecca at 715-905-0431 for more info.

FARM VISITS

With all the young animals on the farm, it is a great time for a farm visit. Especially with kids. We appreciate all your visits and encourage more, but bear in mind you might have to escort yourself around on a self-guided tour when we are not available.

GARLIC BULBS

One of our favorite crops is garlic and we have a lot of it. This season it seems a bit behind schedule, but that may be due to the late spring. Fortunately it is doing well and we have started harvesting this week. There is a lot to dig, so this is just the tip of the iceberg.

The garlic bulb this week is simply called Amish Rocamboles. It is an heirloom variety that originates in Wisconsin and produces nice bulbs with rosy pink and brown stripes on the bulb wrapper. This variety has a pungently hot and lingering flavor.

We like Amish rocambol because there are more cloves per bulb than most of our other varieties, an average of nine, but sometimes up to fifteen. We like lots of smaller cloves for pickling things this time of year. Not so good for roasting, but don't let that stop you.

TURNIPS

This week, we have some purple top turnips. You can eat the turnips sliced raw like a radish or kohlrabi, or you can roast or boil them like a mashed potato. We aren't completely sold on the flavor of straight salt and peppered turnips, so we like to fold in crumbled cooked bacon and chopped chives; top with shaved Parmesan and sour cream. You will have to cut away any insect damage on the outer layer of your We Grow turnips.

BROCCOLI SHOOTS

Broccoli is coming at you this week in the form of smaller shoots with more stems and leaves. You should find the stems and leaves sweeter than the florets in the large heads of weeks past.

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. It will taste great in the off-season

CUCUMBER

You will find some long green cucumbers in the mix this week called Jade. This variety is very soft skinned and does not need to be peeled. As we mentioned last week, the yellowish cream colored ones are called silver slicers and we are curious how you find the flavor between the two varieties. We also have a few straight eights which simply look like an unpickled pickle. All are best eaten within a few days for maximum flavor and best stored in the fridge.

BASIL

The holy grail of herbs, basil is the key ingredient in pesto. There are many cultivars of basil. You have a green leaf variety called Eleanor Sweet Basil and also a purple leaf variety called Red Rubin.

Known for its intense fragrance, basil is best used fresh but can also be dried. If you have not tried garlic scape and basil pesto over pasta or blackened chicken, you should give it a whirl this week. We have the recipe on our website and at your pickup on a recipe card.

MASHED TURNIPS

Ingredients

- 2 cups evenly chunked turnips
- 2/3 cup breadcrumbs
- 1 tablespoon oleo or 1 tablespoon margarine
- 2 tablespoons brown sugar
- 1 cup milk
- 1 egg
- salt and pepper, to taste

Directions

Boil turnips until tender. Drain, mash and then add 1/2 cup bread crumbs, saving rest for top. Add egg, sugar, milk, salt and pepper to taste. Mix together; pour into greased baking dish. Dot with butter and rest of crumbs.

Bake 45 minutes at 375 degrees. Serve warm.

QUICK PICKLED TURNIPS

Ingredients

- 2 cups sliced turnips (~8 oz.)
- 1 small onion, cut into thin wedges and separated
- 1/2 cup seasoned rice vinegar
- 1/2 cup sugar
- 1 1/2 teaspoons salt

Directions

Slice turnips by hand or use the slicing blade of a food processor. Place slices and onions in a large bowl or crock. In another bowl stir together vinegar, sugar, and salt until sugar is dissolved. Pour over veggie mixture.

Cover and refrigerate at least 8 hours or overnight before serving. Tastes best after at least 5 days in the brine. Turnip mixture will have a very pungent aroma.

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