



## EATING WHAT SPRING SENDS

We love eating the first veggies from the spring garden, fresh lettuce being the ultimate after a long winter! Enjoy the greens while they last, because when the heat turns on, the lettuce turns bitter.

This week, it is with great excitement - *and anxiety* - that we prepare your first farm shares. We are learning quickly that there is no time to waste in the spring. This week, we are getting all the warm weather transplants in the ground, doing more direct seeding and trellising cukes and peas. We lost most of our second crop of radishes to root worms. We're working on number three now with our fingers crossed.

We've learned a lot about farming in a high tunnel this spring. We probably under-utilized this tool, but have more plans for this fall and beyond when the tomatoes and cucumbers have run their course. We did not realize how well the early greens and radishes would do inside. But alas, we are catching up and look forward to the things to come. Rest assured that when the harvest season is in full swing, our farm members will reap the rewards.

Again, we thank you for taking stake in our fledgling farm adventure. Please bear with us as we stumble through our first CSA season, dealing with freshly turned ground and going thru organic certification. Let us know if you have any questions about what is in your first farm share and please follow We Grow LLC on Facebook if you can. We encourage you to use this platform to let other farm members know what you are doing with your produce. It's a great way to share ideas and we all benefit.

With dirt under our nails, *Eric & Rebecca*

## advice from our youngest farmhands

**"If you want your kid to eat spinach, don't cook it."**

- *Dene, helpful (only-when-there-is-a-treat-at-the-end) farmhand*

## IN THE CRATE

Red/Green Oakleaf Lettuce  
Green Onions  
Rhubarb  
Radishes (*family only*)  
Three Varieties of Kale  
Mixed Greens with Spinach,  
Mache, Mustard, & Pea Shoots  
Chives  
Choice of Potted Herb

## BE SOCIAL



Share your favorite homemade salad dressing recipe on We Grow's Facebook page.

## WASHING YOUR PRODUCE

We do our best to keep your produce clean, but the reality is it was grown in dirt. Real, immune-building dirt. While we field-rinse most of what goes in your box, many items don't store well after being wet and are better if washed immediately before use (think peas, beans, basil) so we do not wash them. You should wash all your produce again before you use it, especially greens where the leaf meets the stems. Add'l storage instructions are on the back of this newsletter. The dirt is free of charge.

## CRATE RETURN

Please return your crate every week for re-use. Do your best to keep it reasonably clean. There will be a charge for all unreturned crates at the end of the season as was stated in your sign-up form.

# THANK YOU!

## OAK LEAF LETTUCE

Each farm member is getting a big bag of red and green oak leaf lettuce. Your lettuce has been field rinsed, but please take it apart from the stem and rinse the joints before eating. This is where dirt sticks and we can't get it out without taking it all apart. Spin or blot the leaves to remove excess moisture and store in a bag in the fridge for up to a week or more.

## GREEN ONIONS

Can be used in place of onions in a recipe; aka scallions. This is the first time I've ever grown these and they are perfect! You will notice the tops are not chopped off like store bought, because we don't have to make them fit in a shipping container. Just chop the root off and the entire white and green portion is edible, fresh or cooked. Store in the fridge.

## RHUBARB

We really debated on whether to share rhubarb this first week or not. While many of you have your own supply, we couldn't help but include it for those who do not. Rhubarb is such an important part of eating seasonally. In our home, we have some sort of rhubarb dessert every day for a month straight. Then we're good 'til next year.

If you have your own supply of rhubarb, please dice this up and store in the freezer for use in the winter or consider sharing it with a friend or neighbor. It is really high in calcium - equal to milk! I've got a recipe for rhubarb cream cheese bars at [wegrowfoods.com](http://wegrowfoods.com) if you are looking for a tasty, new recipe.

## RADISHES

Our poor radishes. I have never grown good spring radishes, so when our first crop came ripe and was beautiful, it was excitement all around. If only I had grown five times as much!

Then the second crop gets pulled today for market.... and it is full of root worms. So we salvaged a handful from the entire lot and split them up into the family shares. Slice them before you eat them just in case! Hopefully the row in the field coming up for next week is better. If not, we will be hanging up our radish hats until this fall.

## KALE

This is the first year I've grown the popular Lacinato variety of kale. better known as Dinsoaur Kale. All the other CSA farm's grow it and their members rave about the stuff. Give it a try and let me know what you think. It has the darkest green leaves in a long, pointed oval

shape. The others are blue-curved and red Russian.

We like to eat kale fresh as a salad green, but they also are an awesome nutrient boost in smoothies and any other recipe you want to make a whole lot healthier! Store in the fridge in a bag.

## MIXED GREENS

If we could overload you with fresh greens, it will be in June. Hang in there, it will be over before you know it. We have a wide variety growing right now and wanted to give you a taste of it all. We've included lots of spinach and mache (aka corn salad) in the bag, as well as pea shoots, tat soi and the last mustard greens. You might find a few samples of some other varieties of lettuce we are growing as well. You can mix it all up and eat it fresh or separate it out and cook the spinach and mustard, however you'd like.

**Sidenote:** Mache is a small, bright green oblong leaf with no lobes and prominent texture. It might be unfamiliar to you. Chefs consider it sweet and nutty, not bitter at all like lettuce can be. I suggest removing the leaves from the thicker stems and enjoying fresh. As with all greens, never store water soaked leaves without spinning or blotting. Keep in the fridge.

## CHIVES

Wait? Chives AND scallions?? Chives are used in different ways because they taste different and again, are only available for a short time in June. Chives are more mild and lose their flavor when cooked. Hence, they are best used in raw form, either chopped finely or cut into large pieces. We use them in fresh salads or add them to dishes just before serving.

When the flower stem of a chive turns woody, you can no longer use the whole stem of chives. Please chop it and dry it if you don't need it right now. It will be put to good use when we send you fresh baby red potatoes later in the season.

## HERBS

Take your choice of one potted herb. Nothing is more important in a recipe that fresh, flavorful herbs. I think everyone should have an herb garden just for this reason. Let's talk about what herbs you use in your kitchen so I know what you would like to get from We Grow this season.

As always, don't be afraid to contact us if you have questions or comments. Thank you!

*If you've got something GOOD to say, tell a friend. If you've got something BAD to say, tell us. The CSA system works if you provide feedback to your farmer.*

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