



THINGS ARE HEATING UP

Week two - the first spring garlic and "earliest-we've-ever-grown" napa cabbage. If there was only one thing we could grow in our garden, it would be garlic. Not only is garlic incredibly healthy for you, it is one of the easiest things to grow with a little good advice. Our garlic is doing great and we are excited to share it with you this week and throughout the entire season. We start out eating the entire plant, then switch to eating the scapes in about two weeks, and finally pull the bulb in July. Get creative with your garlic!

On the farm this week, we hired our first garden employee. She is a young woman from Westboro with her "first real job" and she's doing fantastic! She got in on the very last tomato transplanting with the tractor. Riding on the seat of the planter is much easier than planting on your hands and knees, no to mention it's somewhat fun. She works hard and keeps us thinking ahead to the next task. We're looking forward to her smiling face throughout the summer. When We Grow grows, so does our community.

We also had one of our regular volunteers start this week. Many of our Medford members will know Libby as Mrs. Orth, the teacher. Libby finished stringing the cucumbers in the high tunnel and weeded them as well. She's very efficient! We're excited she is so willing to help us out.

The corn and beans are all planted - finally! The first round is up and loving the heat and rain these past few days. In the past, we've made the mistake of planting too early and succumbing to stem borer. So we're trying our beans a week later to avoid this pest and so far, so good. We don't usually grow corn, but we're giving it a whirl so as to provide a 100% organic, non-GMO supply for our members and our own family this summer.

Let us know if you have any questions about what is in your garden share and thank you! Every share was picked up on-time and at the location as planned. No pick-up hiccups!

With sunburned legs,

Eric & Rebecca

IN THE CRATE

Red/Green Oakleaf Lettuce

Emiko Napa Cabbage

Radishes

Spring Green Garlic

Mung Bean Sprouts

Green Onions (*family only*)

BE SOCIAL



Let us know how you used your spring green garlic on We Grow's Facebook page.

Feel good about what you eat not only because fresh food tastes better, but because you know exactly where it was grown, who grew it, and what is in it.

RIB LAKE MARKET

Know any producers with something to sell? We are trying to develop the Thursday Rib Lake Farmer's Market and need a few more vendors.

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.

**advice from our
youngest farmers**

**"You plant beans one
handprint apart."**

- Dene, very enthusiastic bean planter

OAK LEAF LETTUCE

This is our last batch of oak leaf lettuce. Again, your lettuce has been field rinsed, but please take it apart from the stem and rinse the joints before eating. Spin or blot the leaves to remove excess moisture and store in a bag in the fridge for up to a week or more.

NAPA CABBAGE

The napa cabbage is a variety from High Mowing Organic Seeds called *Emiko* and it is full of flavor. Our favorite way to use napa cabbage is in Asian noodle dishes, but you could also chop it up and make a cold salad with cranberries and ramen noodles, roast it, grill it, braise it, get creative!

There will be soil where the leaves meet the stem, so chop the bottom off and separate all the leaves and give them a good rinsing. Will store well in a bag in the fridge if not too wet.

RADISHES

Alas, not all is lost in radish row. The bunches are small and you will have to cut each one to check for bug damage, but you are each getting a share nonetheless. We just can't bear to throw them all away! We recommend just snacking on these fresh. My boys like a dash of salt on their radish slices. My father-in-law likes a beer with his.

SPRING GREEN GARLIC

We referenced this item on the reverse. Chop off the roots and the entire stalk, leaves and bulb is edible and FULL of flavor. Use it wherever you would normally utilize regular garlic. Don't waste a bit of the leaves (just chop finely) and you should have enough garlic for a week's worth of cooking. Refrigerate and keep cut end wrapped.

MUNG BEAN SPROUTS

Some of the items we had planted in mind for this week are doing less than perfect, so we thought we'd share some organic mung bean sprouts being they are a good match for many cooked napa cabbage recipes. They are also good enough to just eat fresh. Store sprouts in the fridge when they have grown to the perfect size. They will only store a few days, so use quickly.

This variety, Mung Beans, is really delicious in spring stir fries and would be perfect with your napa cabbage in a low mein type dish. Add them right at the end when your just about finished cooking to maintain flavor.

Sweet-N-Spicy Pork and Napa Cabbage with Noodles *(serves 6)*

Ingredients

- 12 oz dry Chinese noodles (*can substitute angel hair pasta*)
- 3 tablespoons soy sauce
- 3/4 cup sweet chili sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 3 tablespoons sesame oil
- 1/2 cup soy sauce
- 1/2 teaspoon garlic powder
- 1 lb pork loin, cut into 2-inch strips
- 2 tablespoons cooking oil
- 2 onions, cut into bite-size pieces
- 1/8 teaspoon crushed red pepper flakes
- 3 tablespoons sweet chili sauce
- 1 head (approx. 3 cups) chopped napa cabbage
- 3/4 cup sliced celery
- 1 cup sliced carrots
- 4 oz fresh bean sprouts
- 2 red bell peppers, chopped
- 2 teaspoons cornstarch
- 1/4 cup cold water

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the Chinese noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.

Whisk together the 3 tablespoons soy sauce, 3/4 cup sweet chili sauce, 1/2 teaspoon garlic powder, the ground ginger, and the sesame oil in a large bowl; add the drained Chinese noodles and toss to coat; set aside.

Whisk together the 1/2 cup soy sauce and 1/2 teaspoon garlic powder in a large bowl; add the pork and stir to coat. Allow to marinate 5 minutes.

Heat the cooking oil in a wok or a large, deep skillet over medium-high heat. Add the pork, onions, and red pepper flakes to the oil; cook until the pork is browned completely. Stir in 3 tablespoons sweet chili sauce, the napa cabbage, celery, carrots, and bell peppers; cook and stir until vegetables are completely heated, about 5 minutes. Add fresh bean sprouts. Whisk together the cornstarch and water and add to the stir fry, stirring until the mixture thickens. Serve the stir-fry over the noodles.