



## THE GARDEN IS FULL

Week three - what a lovely weather week! We are done planting for a little while until a few more rows open up as we are out of space. I never thought when we started working this area, about an acre, that it would not be enough room to plant everything we have in mind for you. We're not going to have ten varieties of winter squash or dry beans. Oh well, less weeding. Next year, we'll move the potatoes to a different area and do better at fitting more into less area.

On the farm this week, we've gotten hints of all sorts of good things on deck. The peas are blossoming, the cukes are popping out everywhere and the romaine lettuce is standing tall. Not to mention, the beans and corn are taking off. The insect pests are showing up here and there, but nothing as bad as what the deer can do. We thought we were magically exempt from their browsing damage and then we noticed they ate a small section of broccolini and some leaves off the kohlrabi this week. So we've been playing talk radio all night in the garden as a deterrent. If that doesn't work, maybe you will get venison in your farm share!

We prep crates Saturday, Tuesday and Thursday. If you ever need to change your pick-up day, just let us know. We need at least 24 hours notice please. Don't forget, that if you are unable to get your crate, just ask a friend to pick it up for you. We can bag it so you don't have to worry about your crate return that week.

Let us know if you have any questions about what is in your garden share and thank you for another great week!

With garlic breath, *Eric & Rebecca*

## advice from our youngest farmers

**"I can't work for you because the weeds are stronger than me."**

- Dene, trying to pull quack grass and landing on his butt

## IN THE CRATE

Marvel Butterhead Lettuce

Emiko Napa Cabbage

Garlic Scapes

Purple Petra & Genovese  
Sweet Basils

Asian Sautéing Greens

Kale

## BE SOCIAL



Let us know what you're cooking on We Grow's Facebook page.

## ONCE UPON A TIME, ALL FOOD WAS ORGANIC.

## WASHING YOUR PRODUCE

DUE TO TORRENTIAL RAINS AND HIGH WINDS YESTERDAY, your produce is much dirtier than it should be for distribution. Please wash well before consuming. While we have field-rinsed everything in your box, but you should always wash all your produce and inspect for bugs again before you use it, especially greens where the leaf meets the stems.

## ON DECK

Slicing Cucumbers

Peas

Romaine Lettuce

Bok Choy

*(this is our best guess)*

## GARLIC SCAPES

Scapes are the seed shoots that grow from the bulbs of hard-neck varieties of garlic. When they're young and tender, they look like curly green stalks with tightly closed buds on top. Gardeners harvest them at this time of year so that they won't drain nutrients from the garlic bulbs that will be dug up in a couple of months, plump and glorious and ready for drying.

But scapes offer more than a slightly rowdy alternative to garlic. Because of their substantial heft as opposed to garlic cloves, they are vegetable, aromatic, and even herb all in one.

A popular use for garlic scapes is pesto, either straight-up or mixed with herbs like basil and dill. Pesto showcases raw scapes in all their glory. Scape pesto can be very pungent, but it mellows substantially in the freezer. I like it best in the middle of winter, but it might be one part mellowing and two parts deprivation. We're including a simple scape pesto recipe if you want to try it.

You might also try something as simple as frying them with some olive oil and shrimp. Tossing them into an omelet or using them as a topping on your pizza. Store in a bag in the fridge for up to a week or more or chop and store in olive oil without refrigeration.

## ASIAN SAUTEING GREENS

In this bag, you will find tat soi and pac choy. Both are a type of asian stir fry green, however, we have been enjoying them simply sauteed with garlic scapes, onion and salt and pepper. Add a few shrimp and you'd have a meal! The darker green variety, tat soi is very good to eat fresh if you want to liven up your salad this week. The centers and florets taste a lot like broccoli. Separate and wash before use. Store in a bag in the fridge.

## NAPA CABBAGE

This is the second round of napa cabbage, so you should have tried something with this last week. Perhaps share what you used it for on Facebook so others can get some new ideas. We had two other things in mind for your crate this week, but came back to the napas because the other items are not worthy.

Again, 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 to get out all the dirt and hitchhikers. Store in a bag in the fridge.

## BASIL

There is nothing like the aroma of basil in the summer! The two types of basil we're including are purple petra

and Genovese sweet. Genovese basil has a particularly strong fragrance and flavor, making it excellent for almost any basil dish. A mild, sweet taste that is perfect for those who love basil's flavor. It's excellent in a variety of dishes, including pesto, pasta, and salads and makes a lovely pink vinegar or oil. We will have larger quantities of both of these varieties available very soon. Store in a bag in the fridge.

## MARVEL BUTTERHEAD

The full name of this heirloom variety is Marvel of Four Seasons Butterhead Lettuce. The tender, sweet leaves are green at the base, turning to a beautiful cranberry-red, forming a crinkly rosette that looks almost like a flower! The smooth texture is like nothing you will find in the grocery store as it's tender leaves do not ship well. Store in a bag in the fridge.

## KALE

This week you will find curled blue-leaf kale in your crate. Try it this week and let us know if you would ever like it in your crate as an add-on. We like to eat kale fresh as a salad green, but it also a great addition to sauteed veggies. Store in the fridge in a bag.

## RECIPE: Garlic Scape Pesto

### Ingredients

- 1/4 cup pine nuts (can substitute walnuts)
- 3/4 cup coarsely chopped garlic scapes
- 2 tablespoons coarsely chopped fresh sweet basil
- Juice and zest of 1/2 lemon
- 1/2 teaspoon salt
- A few generous grinds of black pepper
- 1/2 cup extra virgin olive oil
- 1/4 cup grated Parmesan or Romano cheese

### Directions

In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.

Combine the scapes, basil, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese. If you plan to freeze the pesto, wait to add the cheese until after you've defrosted it.

Serve over fresh cooked pasta, your favorite meats, or use for dipping chunks of fresh baked bread. Don't be afraid to experiment with herbs such as dill or chervil.

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