



## RUNNING IN CIRCLES

Week four already! A few major things are starting to ripen in "taste-test" quantities at We Grow. We savored our first tomato, cucumber and pod peas on Friday. Even better, there might even be a few of these summer delights for our members' crates. We will see how the week shapes up.

This first variety of tomatoes is called Glacier and came from High Mowing Organic Seeds. Their description reads, "*Our earliest variety with good tomato flavor, winning all early-season taste tests. Produces high yields of 2-3 oz. orange-red saladette tomatoes.*" We're very particular about our tomato flavor. Please take time to actually taste your tomatoes, feel the texture. We are going to be sending at least a dozen varieties your way throughout the growing season and we want to know which ones you like the best, so we know what to grow more and less of next year.

We purchased seven rambunctious piglets a week ago. We will be setting up rotational pasturing for the first time. There are some areas we hope to clear the quackgrass from and pigs do an exceptional job of rooting (dig with their snouts) the grass rhizomes from the soil. All seven piglets managed to get out of their pen on Tuesday. It took two days to get everyone back home and in their pen. It's surprising how fast a pig can run and how well they can hide in the tall grass. We cut and baled the hay all around their pen this week, which made it a little easier to find them. We almost had an early pig roast - darn things!

In your shares, we are about to switch from lots of greens to what we call the "heavier veggies." In the next two weeks you will start getting more variety like potatoes, onions, zucchini, tomatoes and cukes. We can't wait! Don't worry we'll always keep some lettuce growing for those who gotta have it.

As usual, let us know if you have any questions about your veggies. Continue having fun in the kitchen!

Run ragged by tiny pigs,

*Eric & Rebecca*

## IN THE CRATE

White Stemmed Pac Choy  
Marvel Butterhead Lettuce  
Tatsoi Asian Greens

Garlic Scapes

Sweet Basils

Kohlrabi (*family*)

One Misc Item (*choose from tomato, peas, zucchini, cucumbers or kale*)

## OUR PRIMARY HEALTH CARE SHOULD BEGIN ON THE FARM

### YOUR FEEDBACK

Please let us know how you're feeling about your weekly share. We've been hearing a lot of people say they feel like they are eating healthier than ever and others note that they are getting more creative in the kitchen. If you have consumed all the greens you have received in these first four weeks, you should be feeling pretty good about your diet.

### ON DECK (*best guess*)

Slicing Cucumbers  
Mammoth Pod Peas  
Romaine Lettuce  
Salad Tomatoes  
Baby Red Potatoes

**advice from our youngest farmers**

**"When you're trying to catch a pig, look him in the eyes."**

- Gus, with arms held out to redirect running feeder pigs

## WHITE-STEM PAC CHOY

Cultivated in China since ancient times, pac choy (aka bok choy) is found in soups and stir-fries, appetizers and main dishes. Pac choy's popularity comes from its light, sweet flavor, crisp texture and nutritional value. Not only is it high in Vitamin A, Vitamin C and calcium, but it is low in calories.

Pac choy is classified as a cabbage, though it bears little resemblance to the round European cabbages found in our supermarkets, or to Napa Cabbage for that matter. Its white stalks resemble celery without the stringiness, while the green, crinkly leaves of the most common variety is similar to Romaine lettuce. The Chinese commonly refer to bok choy as pak choi or "white vegetable." Another common name is white cabbage.

We've included a simple recipe for your pac choy, but encourage you to try it also as a cold slaw type salad. The mild flavor takes marinade well and the crisp is like no other. Find more recipes at [wegrowfoods.com](http://wegrowfoods.com).

## GARLIC SCAPES

Our second week of 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.

We've been grilling and sauteeing our scapes and also eating them raw in pesto and garlic sour cream dip. If you find yourself with too many scapes, just chop them up and add combine with olive oil. Leave this jar on your counter so you have quick garlic ready for the pan. Garlic scape oil does not need refrigeration.

## TATSOI

Tatsoi is an Asian brassica grown for salad greens. It has a spoon like shape, a pleasant and sweet aroma flavor like a mild mustard flavor. Tatsoi is generally eaten raw, but may be added to sauteed veggies, stir fry, or soups at the end of the cooking period. Separate and wash well before use. Store in a bag in the fridge.

## MARVEL BUTTERHEAD

These beautiful little butter heads turn more red when they get more sunlight. The leave are so delicate, we have to be careful rinsing and bagging. Just remember to pull apart and wash all the dirt and bugs from your lettuce before eating.

## GLACIER SALAD TOMATO

Please see the information about your tomatoes on the reverse. A taste test - more to come!!

## KOHLRABI

Not found in local groceries, kohlrabi is that veggie we love to eat right in the garden. Use a knife to peel off the tough outermost layer of woody bulb and snack on the inner flesh. Can also be roasted used or in a slaw when we get more quantities available. Give it a try!

## BASIL

Still coming in small quantities. 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. Purple petra has a mild, sweet taste. It's excellent in a variety of dishes, including pesto, pasta, and salads and makes a lovely PINK vinegar or oil.

## DILL WEED

Dill weed is a green herb with feathery leaves. The better-known flat tan dill seed is actually the dried fruit of this herb. Dill weed flavor is destroyed in heating so add at the end of cooking. Often used in pickles and flavoring fish and cream sauces, livens up fresh green salads.

## RECIPE: Sautéed Pac Choy

### Ingredients

- 2 tablespoons grape seed or vegetable oil
- 2 medium garlic cloves, minced or 3 scapes, chopped
- 1 teaspoon freshly grated ginger
- 1/4 teaspoon red pepper flakes
- 1 1/2 pounds pac choy (about 2 medium bunches), cleaned, ends trimmed, and cut on the bias into 1-inch pieces
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1/4 teaspoon toasted sesame oil
- Salt (optional)

### Directions

In a large frying pan with a tight fitting lid, heat the oil over medium-high heat until shimmering. Add the garlic, ginger, and red pepper flakes and cook, stirring constantly, until fragrant but not brown, about 30 seconds.

Add the pac choy and, using tongs, fold it into the garlic-ginger mixture until coated, about 1 minute. Add the soy sauce and water, cover, and cook until steam accumulates, about 1 minute. Uncover and cook, stirring occasionally, until the greens are just wilted, the stalks are just fork tender but still crisp, and most of the water has evaporated, about 2 minutes.

Turn off the heat, stir in the sesame oil, and season with salt if desired.

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