



## BEETLES AND TOADS

The peas are already on their way out. It seems like they just started fruiting and the first row we planted is already starting to fade to yellow vines. Unbelievable how quickly we are breezing through the summer.

We Grow's shares may look a little different by the end of week seven as SO many things are on the verge of being ready. Green beans are about two inches long and coming on strong. Zucchini is coming along, but not in quantities large enough for every share yet. A new planting of mustard is on deck as well as the Swiss chard. The cabbages look fantastic, but will be a couple of weeks out yet. Broccoli is probably two weeks away.

We have been having a bit of trouble in the potato field. In the past, we've never had a problem. Matter of fact, any other year it was more of a problem figuring out what to do with our excess bounty. But this year, we have an infestation of wire worms. After some research, there is no treatment for wire worms (larvae of the click beetle) once they're established. And we planted a LOT of potatoes. Like 1,800 feet of potatoes! We debated on the issue and decided we can't just throw away all the spuds. We aren't going to be selling them, but we will be giving them to our members and asking you to do as we have been doing and trim off the bad spots. They still taste delicious, but the flesh damage is a bit of an inconvenience in the kitchen and will prevent them from becoming a winter storage crop. The only good thing is we now have the knowledge on how to prevent this next season.

We went through our five bee hives on Friday and three are doing really well with two supers on top and two are not quite as productive. We were elated to see our new colonies fill out the new frames in such a short amount of time. There was some honey-filled rogue comb we had to remove, so we got to enjoy fresh honeycomb all evening. Fresh honey is amazing! We love to talk bees, so just ask if you want to learn more.

With sticky fingers,

*Eric & Rebecca*

## IN THE CRATE

Tomatoes

Red Onion

Garlic Bulb

Cilantro

Romaine Lettuce

Red Potatoes/Choice Item

Slicing Cucumbers

Pod Peas

Blue Curled Leaf Kale

Kohlrabi (*family*)

## ATTITUDE

is the difference between an ordeal and an adventure.

## CANNING AND PRESERVING

Thanks for the response this week on your canning and preserving orders. If you haven't already contacted us and hope to get tomatoes, pickling cukes or green beans by the bushel, please let us know. We have started a list of people who want a half-bushel or more in the coming weeks. We will work with your schedule!

**IF YOU KEEP GOOD FOOD IN YOUR KITCHEN,**  
you will eat good food.

**words from our youngest farmers**

**"I wish McDonald's served We Grow food."**

- Gus, frustrated that Mom doesn't buy him Happy Meals

## CILANTRO

Cilantro is one of our favorite herbs! The first planting went straight to flower, but our second is coming along better and in your share this week. The third round is about one-inch tall. Store in a bag in the fridge and it should last a week or more.

We are including cilantro this week in hopes that you make time to enjoy a batch of fresh salsa. By all means, make it your own. Sometimes we get a little crazy and throw in some finely chopped cucumber, mango or peaches. Of course, avocado and black beans are an option as well. You can choose to leave the tomatoes seeds in your version if you prefer or remove. We also like to use the onion greens instead of bulb if available to reduce the strength of the onion in the final dish.

## RECIPE: Fresh Salsa

### Ingredients

- 3 medium tomatoes, coarsely chopped, drain juice
- 1 small sweet onion, finely chopped
- 1/2 bell pepper, finely chopped
- 1 jalapeno pepper, finely chopped (optional)
- 1 garlic clove, finely chopped
- 2-4 tablespoons fresh cilantro, finely chopped
- 2 tablespoons lime juice
- 1/2 teaspoon ground cumin (optional)
- salt and pepper to taste

### Directions

Combine and enjoy a fresh summer treat. Obviously great served with tortilla chips, scrambled eggs, or anywhere you like to use salsa!

## ONIONS

We're including red Cabernet onions. Cabernet is a mild, sweet onion good for eating fresh on salads, sandwiches or burgers. You may still be able to eat the green portion of the onion if it has not become too stringy. Taste test before committing it to your recipe. Store in the fridge and wrap roots or cut ends in plastic.

## GARLIC

This week we are sharing a different variety called Amish Rocamboles. A wonderful, easy to grow, heirloom garlic that the Amish have been growing for many, many years in Wisconsin. A nice large bulbs with a pink blush and brown stripes and more cloves per bulb than the German Extra Hardy from last week. A wonderful rocambole flavor that adds a nice garlic flavor to cooking recipes, but can be medium hot when eaten raw. We prefer this variety for cooking and pickling because of the smaller size of the cloves.

Again, garlic is not finicky when it comes to storage, but it should NOT be kept in the fridge. The flavor of garlic become more concentrated as it dries. Store garlic at room temperature and allow it to have good circulation.

## ROMAINE LETTUCE

The romaine is at the end of its lifespan here in our garden, so please help me get the final romaine harvest consumed. Next week, we will either take a week off from lettuce or jump into red velvet.

## POD PEAS

Very similar to last week. There are some smaller, stringier green peas mixed in our planting and we're not sure why. Poor seed source? The sugar in peas converts to starch within a few days, so the sooner you eat peas to the time they were picked, the better they will taste.

## VATES BLUE LEAF KALE

If you're sick of kale, consider yourself officially christened in the CSA experience. The kale is really growing well, but we suspect some of you are getting tired of it like we are. That said, if you ever want kale, you can have as much as you want for FREE! Just send me a message and I will bring it for you. Let me know if you want dinosaur or blue curled leaf. I can include it every week if you let me know. Consider putting some away for soups and stews this winter.

## HOW TO FREEZE KALE

Preserving this iron-rich super food is one of the simpler preserving projects you'll undertake in your kitchen. Thoroughly wash the leaves. You can freeze stems, which make a nice addition to soups and stir fries, but plan to do so separately from the leaves. Remove leaves from stems, roughly chop.

Blanch leaves for 2.5 minutes, covering the boiling water pot with a lid to steam-heat floating leaves. Blanch stems for 3 minutes. Place leaves and stems in ice water for the same amount of time. Use a strainer to fish leaves from both boiling and ice water.

Dry leaves on a towel and squeeze to remove excess water. Quick-freeze small clumps of kale individually on a cookie sheet, then seal in a larger bag if you want to use it later in small amounts. Otherwise, freeze in larger pre-measured amounts based on what you plan to make with it. When blanched, kale will last 8-12 months in the freezer, however, you must remove as much air as possible to prevent freezer burn.

You'll be happy you have kale in the freezer this winter when you whip up a batch of creamy kale sausage soup!

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