



TURNING NEW GROUND

We're exactly half way through the farm-share season and planning for some variety in the next two months. Some greens we had in the spring that were done by the time our shares started will be making their way back into our kitchen as the weather starts to cool and the days get shorter. Think arugula, spinach and mesclun/mustard mix. We've also started a few different types of radishes and a second round of peas.

The corn might amount to something yet! The stalks are all tasseling and the ears are starting to swell. Still not a lot, but we should have about one week's worth for everyone. And the potatoes! We dug the row of the late yukon golds and found the beetles had not infected this variety. What a sense of relief. Perhaps not all is lost.

Eric worked at a neighbors farm in exchange our first plow this past month and we have plans to turn over some old hay ground this week that will be put into vegetable production in 2016. Among the many lessons we've learned this year, working on weed control with cover crops the season before is essential. Winter rye seed will be planted as a weed suppressant this month. It has chemical properties that kill weeds and it comes back in the spring. It can be tilled under in the spring as a green manure.

We're planning "**Peak Harvest Celebration**" at the Medford Market on Saturday, August 15 to bring people to the market who haven't checked it out in a while. We have a caterer coming in to prepare dishes featuring the food that we grow on our farms. We Grow will have tomatoes and beans included in the dishes available for sampling. Not to mention, there will be drawings for farmer's market gift certificates given away every half hour to those in attendance. And a big zucchini weigh-in open to all area gardeners. Please help spread the word!

Looking forward from here,

Eric & Rebecca

IN THE CRATE

Yukon Gold Potatoes

Zucchini/Patty Pan Squash

Dragon's Tongue Beans

Cherry Tomatoes

Yellow Onion

Garlic Bulb

Slicing Cucumbers

Cabbage

Broccoli (*couple*)

Red Velvet Lettuce (*family*)

SUCCESS IS THE SUM OF SMALL EFFORTS repeated day in and day out.

BE SOCIAL



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

VOLUNTEERS

We are in need of a volunteer to help fill the gap when our school gals leave for the season on Sept 1. If you know someone interested in working 4 hours in exchange for vegetables, please pass along our contact info. We need the most help picking for market Monday night or Tuesday morning and Wednesday night or Thursday morning.

words from our youngest farmers

"Can we do the playing now and the working later?"

- Gus, in response to being asked to pick beans and the phrase "a family that works together plays together"

DRAGON'S TONGUE BEANS

This week you are receiving Dragon's Tongue or Langerie Beans. Unique purple-streaked white pods, popular for eating fresh as a snap bean with super flavor and crispness – a clear winner in taste tests. Streaks fade when cooked.

While dragon's tongue beans do can and freeze well, they lose their color when thoroughly cooked.

CABBAGE

Impala cabbage is the only small table variety we are growing this season. All cabbage has surprisingly high Vitamin C content. Cabbage will store for a very long time - up to 6 months under ideal conditions.

Our very favorite way to eat cabbage is simply fried in butter with lots of fresh ground black pepper until tender. Sometimes we add some fresh bulk sausage to the mix as well for a lazy-day meal.

SUMMER SQUASH

There should be enough summer squash for everyone this week. Hopefully each of you were able to find a use for your patty pan squash. We ended up going out to the garden for more after our first trial dish turned out so tasty last week. We're right there with you guys on some of these firsts!

Store summer squash in the fridge wrapped in a plastic bag for up to a week or more. Mature, thicker skinned fruits can be stored even longer.

CHERRY TOMATOES

This variety of is called Washington Cherry. They are a bit larger than you might expect for a cherry tomato, but the upside is the skins are not prone to splitting like normal cherry tomatoes.

Store your slightly orange tomatoes OUT of the fridge where they have good air circulation to finish ripening. They will ripen quickly, so watch for the flesh to turn bright red and become soft to the touch.

BROCCOLI

This vegetable isn't something that we usually struggle with, but it ended up in the poorest part of the garden in terms of soil nutrients and we are paying for it now. Broccoli demands a nice soil and we ended up with small heads.

I doubt we've ever grown a head of organic broccoli without a single cabbage worm living inside, so please don't be shocked if you find one. While we do take measures to try and prevent bugs in your food, broccoli is very difficult to clean on the farm. Please

look at the pieces carefully while cutting. Also consider a quick blanching for 30 seconds before cooking with your broccoli to dislodge any insects that might have been missed.

YUKON GOLD POTATOES

These beautiful new potatoes are crisp and fresh as they come! Yukons strong flesh and sweet flavour make it ideal for boiling, baking and frying but these potatoes will also withstand grilling, pan frying, and roasting.

Yukons are an excellent storage potato. Keep in a dark place out of sunlight at 45-50° to prevent greening and sprouting and they will keep up to 9 months or more. Be sure to remove any green skin before eating as it is extremely bitter and can ruin your whole dish!

We have been making a similar version of this recipe below for holidays with one major difference. Instead of browning them in the skillet, once the potatoes are cooked, we "smash" them on a cookie sheet, sprinkle generously with sea salt and a little olive oil and roast them for about 10 minutes. This makes the outside skin crispy and amazingly delicious!

RECIPE: Yukon Golds: Jacques Pepin Style

Ingredients

- 3 pounds baby Yukon gold potatoes
- Salt
- Freshly ground black pepper
- 3 cups chicken stock
- 3 tablespoons butter
- 2 to 3 tablespoons freshly chopped parsley leaves

Directions

Place the potatoes in a deep skillet and add salt and pepper, to taste. Cover potatoes halfway with chicken stock, about 3 cups, add the butter and cover skillet with a lid. Cook the potatoes in the stock until almost tender, about 5 to 8 minutes, depending upon the size of the potatoes.

Remove the lid and allow the stock to evaporate, about another 5 minutes. Once the stock has evaporated press and pop each potato using a ladle or large spoon, creating small cracks in each, but do not smash completely. Allow the potatoes to brown on each side, another 5 minutes, and re-season with salt and pepper, if necessary or desired.

Remove the browned potatoes from the skillet and place onto a serving platter, garnished with the parsley.

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