



THE MESSAGE

The message is loud and clear: People want more from We Grow!! With much excitement we are getting things tucked away in the garden in preparation for winter. Not to mention getting a few of those spring crops planted for overwintering. You've really got us wound up to move forward!

We have big plans in the garlic field. The garlic was the most requested item we had from members and at market. We could have easily sold three times what we had available, so that is exactly what we have planned. We've got 3,000 cloves ready to tuck under the soil and mulch which will in turn become 3,000 scapes in May and June and the same number of beautiful bulbs in July and August. We are adding a new variety from another organic farm, Persian Star which is large and has 6-8 cloves per bulb. We saved back more German Extra Hardy from our own stock as well.

This past week on the farm we had some major frost. The green beans needed for dinner were kept covered up as well as a few more delicate greens. The lettuces don't seem to mind a little frost.

The carnival squash in your boxes this week is a gift from a good friend. Nancy Grote gave us our first organic seed catalog, Johnny's, along with lots of gardening advice over the years. We consider her a mentor in this business. She and her husband Bill offered these organically grown, but non-certified carnival squash to our members. Thank you Grote's!

The dinner event was incredible with an overwhelming outpouring of testimonials from you. We heard about your experiences with your shares. We also heard a few incredible weight loss stories! And some folks said, "just having it in the house forced us to eat healthier." You will get out of your share what you make of it and it sounds like you made a lot of great food!

Grateful for such a supportive group,

Eric & Rebecca

IN THE CRATE

Rhazes & Marvel of Four Season Butterhead Lettuce

Arugula Greens

Choice of Tomatoes

Patty Pan Squash

Cortland Onions

Herbs of Choice

Broccoli

Amish Raucombole Garlic

Carnival Squash

Carrots (*family*)

WE ALSO BELIEVE THAT THIS IS NOT

A TREND, nor should it ever be. This is a lifestyle, a conscious lifestyle that will inevitably inspire change in the way you live, with every plate you have. *-unknown*

WRAPPING UP

If anyone is interested in spending some time on the farm and getting a little fresh air, we need help this time of year removing all the old plant material, plastic mulch and irrigation lines so we can get the ground ready for next season. We will be adding manure fertilizer, leaves and compost to improve our soil. We will also take help planting garlic cloves one nice day yet this fall. This is a great learning opportunity and any help is appreciated!

words from our youngest farmers

"Our farm members really like me Mom."

- Dene, late at night on the way home from the farm-to-table dinner

RHAZES LETTUCE

This beautiful dark red, compact mini-romaine head lettuce with solid lime green hearts has us wishing we would have trialed this variety much sooner! Turns out that it is excellent for spring and fall productions and over winters well in high tunnel. Not to mention, it tastes incredible.

This lettuce was featured in your salads at the farm-to-table dinner where it was presented to you all washed and cut apart. In your share, you will get to see the cute little heads for yourself.

In doing some reading on the nutritional differences between red and green lettuces, it turns out that green lettuce doesn't hold a candle next to red in both vitamins A and K. Red lettuces contain 127% of the daily recommended amount of Vitamin A, and 149% of the daily recommended Vitamin K. In general, the lighter colors the lettuce, the fewer nutritious value it has. The opposite goes for the darker. So the popular iceberg lettuce you find most commonly at the grocery store has the least. That said, lettuce is still a zero calorie food. But while you're eating it, why not get more out of every bite?

HERB OF CHOICE

With frost here, we need to get our herbs into your homes as quickly as possible. We have a wide array including parsleys, thyme, oregano, sage, celery, lemon balm, dill, and more. Please take these and use what you can fresh and dry the rest for use this winter.

Drying herbs can be done in a low heat oven, in a dehydrator or simply in the open air. Here are the simplest "air-dry" instructions:

TO DRY FRESH HERBS:

- Gather 5-10 branches together and tie with string or a rubber band. The smaller the bundle, the easier and faster they will dry.
- Put the bundle of herbs, stem-side up, in a small paper bag to keep dust and flies away.
- Hang the bag by the stem end in a warm, well-ventilated room.
- Your herbs should be dried and ready to store in as little as one week.

BROCCOLI SHOOTS

As the broccoli continues to grow during the day and get nipped by frost at night, the flavor changes along with turning slightly purple. If you are tired of broccoli shoots, we suggest chopping it, blanching for two minutes and putting it away in the freezer for a cream of broccoli soup this winter.

Cream of Broccoli Soup

Ingredients

- 6 tablespoons butter (divided)
- 2/3 cup flour
- 2 tablespoons butter
- 1/4 cup chopped onion
- 4 cups broccoli, cut into bite sized pieces
- 6 cups chicken broth
- 3/4 cup cream or half-and-half
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions

In a small saucepan over low heat, melt the 6 T. butter. Add in the flour and stir until blended; do not brown. Remove from heat and set aside.

In a large saucepan, melt the 2 T. butter. Add onion; cook until tender. Add chopped broccoli, cook and stir about 6 minutes. Add the chicken broth. Increase the heat at this point and bring to a boil. Whisking constantly, add the flour mixture. Cook and stir until soup is thickened and bubbly.

Lastly, add in the salt, pepper, and cream. Heat through and serve hot. Note: The soup will thicken upon standing. Feel free to make it your own and add grated carrot, cauliflower, kale or collards in place of some of the broccoli. Bacon or cheese on top changes it up as well.

TOMATOES

With the 'maters in the field now frost bitten and dead, we are left with the plants in the high tunnel which are just starting to show signs of die-off. The varieties we are still maintaining in the tunnel are indigo cherries, peach, Ruby's German green, roma VF, black krim, sunrise bumblebee, moskvich, iron lady, new girl and glacier salad. Please help us use up the last of the tomatoes by taking your choice.

PHONE: 715-427-1002 or 715-905-0431

LAST SHARE

Next week will be your last share. Please bring your crate and any additional crates you've acquired. We would like to get them all home for the off-season. If you can remember, please bring a reusable grocery bag to take home your last round of goodies. It might be a hodge-podge of "your choice" items. We'll see when it all comes together. Thanks!!