



## WRONG SIDE OF THE FENCE

The pigs have landed and so the fun begins. We couldn't possibly get new little pigs home without them getting out their very first night. So at 9:00 Wednesday night the whole family was trying to round up two little pigs who slipped right through their electric fence. We have never been very good at keeping pigs on the right side of an electric fence and it is frustrating, because we see other farms containing pigs in some single strand, effortless little electric fence without any swine running circles. So we set up the hog panels until our new fencing materials arrive. We're going to try keeping them in some electric netting. It is important that the enclosure is portable because they need to be moved to fresh pasture regularly.

In the photo above, Dene is trying to make friends while they eat their daily dose of minerals. These minerals are the key to keeping them from rooting so they graze instead. The two large black hogs, a heritage breed, are on the left and the two Idaho pasture pigs are on the right. We purchased the black hogs from a family in Catawba and for the Idaho's, we traveled to White Bison Farm in Laona which was a very interesting place to visit.

We feel things are going a little better in season two. At this point last year, we were putting five items in a share and this week we have nine! The deer have gotten into everything the past few days and really wreaked havoc just like last year. The snap peas are completely mowed off, but coming back already. Kohlrabi and red cabbage will be lacking as many are gone. Thankfully, we had some much needed help putting up a huge fence around the main field - about an acre. When we contacted wildlife control about deer problems back in April, they brought us everything we needed for the fence. Fencing is a necessary step if we plan to ever take additional action (ag harvest tags) down the road if the damage continues. Two nights so far and they have been staying out. It will be interesting to see how long it lasts.

Hopefully keeping the deer out and the pigs in,

*Eric & Rebecca*

## IN THE CRATE

Romaine Lettuce

Celery

Snow Peas (Edible Pod)

Carrots

Scallions (Green Onions)

Pac Choy

Garlic Scapes

Scarlet/Siberian Kale

Cilantro

Kohlrabi (*family*)

Zucchini (*family*)

*Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.* - Doug Larson

## VISIT THE FARM

Members are welcome to our visit our farm if you'd ever like to see exactly where your food comes from and how we grow what we grow. It really is interesting, especially for those who keep a garden yourselves. It's best to try to some on our non-market days: Monday, Wednesday and Friday. Sundays are an option as well, but please call first. You never know when we might take off to have a picnic and jump in the lake to cool off. You never know, you might show up at the right time and get to help wrangle some piglets!

## words from our youngest farmers

*"The little boy is Hamilton and the big boy is Abraham."*

- Dene, helping assign names to pigs

## CELERY

It might seem odd to be getting a small head of celery, but the truth is that we have a LOT of it growing and we don't know how long it will be in such nice shape. It will be bigger when you receive next time. Compared to last year, we are leaps and bounds ahead in celery production. The difference, no rabbit problems. \*knock on wood\*

Locally grown celery has an incredibly strong flavor. You might look at it differently than store bought celery and realize what you've been missing. A few snips of leaves will be all you need to add a ton of flavor to your salad this week. The stems can be eaten as a snack, but prepare yourself for a indescribable burst of flavor! In soups and stews, cut the amount in half just to keep it from being too powerful. Celery will keep well in a jar of water in the fridge with a bag over or just in a bag in the crisper. In our kitchen, we dry the leaves in a dehydrator to use in soups and casseroles all winter long. The stems don't dry as well, but you could dry them separately from the leaves if desired.

## PAC CHOY

We ended up with more pac choy than we needed for last week, so we are sharing it again rather than leaving it go to seed in the field. Hopefully you will find a use for it or share it with a neighbor. This vegetable really is made for stir fry, where it takes on the flavors of your sauce. We have found the inside stems are sweeter than the outside stems and these we don't mind eating raw. Let us know what you are doing with this "extra" pac choy so we can pass it along to others. You will find our family favorite stir fry available on our website if you didn't grab it with your share.

## ROMAINE LETTUCE

The romaine lettuce really took off in the caterpillar tunnel. Linda and I planted it only a couple weeks ago. You will find that it isn't the same as store bought, less dense and more leafy. If we allowed it to grow longer, we would achieve a similar product but we have problems with rust on the ribs when it gets much older than this. We also find it to be less tender and more bitter. But one thing is sure, there is more flavor!

Romaine should last up to a week or more in a plastic bag in your crisper with high humidity. Just chop the bottom stem and wash well and spin or dry before use.

## SCARLET/SIBERIAN KALE

The kale doesn't stop growing. When we take a week off from giving it to our members, it still grows. So we have to share it to keep up. This week you are receiving

scarlet and Siberian frill kale.

If you haven't tried the kale craisin salad recipe, please consider it. We've had so many members come to us and proclaim a new found love for kale after trying this recipe. We also encourage members to put kale away for the winter if it is too much to eat fresh. We chop it, blanch it for just a few seconds, cold shock, and freeze it on cookie sheets. Then we'll bag it and keep it in the freezer for use in soups, smoothies, and bake goods all winter.

## SCALLIONS

Scallions (aka green onions) add flavor and crunch to dishes. This thin spring onion variety is almost entirely edible, simply remove the roots. Scallions are an excellent source of vitamin K with one cup providing 259% of your daily requirement.

If you noticed some damage to the tops of your scallions, it is likely from the bad storm we had a few Sundays ago. The caterpillar tunnel didn't actually come down, but the sides were pushed so low that the tops were broken on the scallions. Glad we weren't home to witness that or try to rescue the plants. Two PVC pipes that hold the tunnel up did break that afternoon, but the structure still stood thankfully.

## CILANTRO

You either love it or you hate it. We hope at least one person in your house loves it, because it is growing well this week. We'd like to be sending basil, but it just isn't big enough yet. Probably next week. Cilantro can be that key ingredient in so many recipes. Just add it to your sauté or stir fry right before serving and you've got flavor! It's also good in Texas caviar or spring rolls, we love cilantro in our house and embrace it's short season.

## CARROTS

We pulled all the remaining early carrots in the high tunnel today. Sticking with our waste-not policy, you will see some "baby" carrots in your bag this week because we didn't want to cast-out the lot because they are little. It will probably be about three weeks before the field carrots are ready again.

***We've prepared recipe cards for you to take if you'd like more ideas for using the vegetables in your share. Feel free to share your own ideas with us online or in person. Being part of a farmshare collective makes it fun. We love to hear from you!***

**PHONE: 715-427-1002 or 715-905-0431**  
**EMAIL: [farmer@wegrowfoods.com](mailto:farmer@wegrowfoods.com)**