



## HEALTHY SOIL

Entering week six, we are getting excited about all the up and coming produce. The fresh garlic bulbs, green beans, red potatoes, tomatoes... the list goes on. Things are growing so much better than they were in 2015, we are elated with every small success. We actually have too much of some things! What a nice problem to have.

The photo above is our buckwheat planting gone to flower, adding a nice aesthetic quality to our main production area. We chose to plant this in an area just west of our existing high tunnel where we plan to construct our second large high tunnel next spring. Laying a good foundation will be key. We chose buckwheat because it suppresses weeds and attracts beneficial insects and pollinators. It is easy to kill, and extracts phosphorus from the soil better than most grain-type cover crops. The pollinators love the tiny white flowers. If only we could harvest the seeds off this buckwheat. It would be useful in Grandma Celia's kishka recipe.

As we hit mid-growing season (we started in February!), we are looking ahead at our fall cover crops. We will be planting some new varieties in the coming weeks. The 2.5 acres of winter rye will be harvested for the seeds, which we hope to replant and put more acreage into production of small grains. We will also harvest the straw for valuable mulch in the coming season. Then in the rye field, we are going to grow a quick turnaround biomass building crop that will be tilled under either in late fall or more likely after the snow melts in the spring. The residue will keep the soil safe from erosion over the winter. We use on farm manure as our primary nitrogen source which complements cover crops that build organic matter, something we are seriously lacking in our heavy clay soil. If we have only learned one thing in the last two seasons farming organically, the success of our farm is entirely dependent on the health of our soil.

Dedicated to the job at hand,

*Eric & Rebecca*

## IN THE CRATE

Cucumber  
 Ailsa Craig Onion  
 Bok Choy  
 Garlic Scapes  
 Broccoli or Summer Squash  
 Dinosaur Kale  
 Romaine Lettuce  
 Dill Weed  
 Kohlrabi  
 Red Potatoes (*family shares*)  
 Baby Beets (*family shares*)

**Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness.**

*- Letter from Thomas Jefferson to George Washinton (1787)*

## PACKING SHED CONSTRUCTION

Members Tom and Linda have offered items needed for our packing shed project currently underway. Thank you! We will be repurposing windows, siding and possibly even doors which will save us a lot of money. Even if it only last us half as long as new, we are excited at the prospect of giving something new life instead of heading to the trash heap.

## words from our youngest farmers

**"How about we just start with you taking a few days off?"**

*- Dene, in a conversation with Mom about running We Grow some day*

## CUCUMBER

There are two kinds of cukes growing in our high tunnel for you, marketmore and silver slicers. They both taste fantastic, but we'd like you to get to try both and take a moment to test the flavor. Let us know which one you prefer. We have been finding the skin is much more tender on the silver slicers. This is a good trait, because most of the nutrition in a cuke is in the skin. When we peel it, we are getting very little in terms of nutrition. Store fresh cukes wrapped in the fridge.

## AISLA CRAIG ONION

Aisla Craigs are an heirloom variety of onions generally noted for their huge size. Last season, these onions easily topped 2 lbs on average. We've planted over 500 of these knowing we would be sharing them with you in their early stages and sacrificing their size. Aisla Craigs are large Spanish onions with delicious sweet flavor perfect for burgers and salads. You can use the green tops as a replacement in recipes that call for onions. Get creative! Store fresh, uncured onions wrapped in the fridge.

## BROCCOLI

While we have struggled to get that perfect head of broccoli, we have found the variety that works on our farm. Unfortunately, we only grew a small amount as a trial. This week, you are getting broccoli shoots, small heads with stems and leaves. Please use the entire stems unless you find one that is not tender. The stems contain more sugar than the florets and are a great addition to cream of broccoli soup on a rainy summer day. Store in the crisper drawer of the fridge in a veggie bag.

## ROMAINE LETTUCE

It's more beautiful romaine! These have been field grown and are filling out thick. There will be more dirt in these heads, but you know by now how to prep your greens from We Grow by now. Romaine is loaded with vitamin K, vitamin A and folate.

Romaine is synonymous with Caesar salad. Caesar salad is all about a very specific dressing and fresh croutons. We're including the dressing recipe in case you're hoping to test your skills.

## KOHLRABI

Not found in local grocery stores, kohlrabi is that veggie we love to eat right in the garden. Peel off the tough outermost layer of woody skin and snack on the inner flesh. Can also be roasted with garlic and fresh herbs or used in a slaw. Add the leaves to a dish where you might also use broccoli leaves. Store wrapped in the fridge.

## BOK CHOY

Challenge yourselves to use the bok choy this week. We did not plan to include it, but we don't know what else to do with it but give it to you. If you can't use it, share it with a friend please. That is what happens when your garden is growing a little too much of a good thing. Let us know what you're doing with the bok choy so we can let other members know.

## DILLWEED

Providing a tangy addition to pickles, salad dressing and fish dishes. Not of significant nutritional value, dill seeds are stronger and more flavorful than the leaves and are most commonly associated with the cuisines of Scandinavia and Germany. We are including it in your shares because dill is generally found in fresh cucumber dishes. Fresh herbs generally store well in a jar of water.

## RED POTATOES *(family shares only)*

Baby red potatoes will be coming in everyone's shares soon. There is nothing like fresh boiled baby reds, perfectly creamy, lightly buttered and sprinkled with fresh parsley. Our family shareholders know what to do with them. Store in a cool, dry, dark place. Do not refrigerate.

## RECIPE: CAESAR DRESSING

### Ingredients

- 6 anchovy fillets packed in oil
- 1 small garlic clove (or try finely chopped scapes!)
- 2 large egg yolks\*
- 2 tablespoons fresh lemon juice
- 3/4 teaspoon Dijon mustard
- 5 tablespoons olive oil, divided
- 1/2 cup vegetable oil
- 3 tablespoons finely grated Parmesan

### Directions

Chop together anchovy fillets packed in oil, garlic clove, and a pinch of kosher salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl. Whisk egg yolks, fresh lemon juice, and Dijon mustard.

Adding drop by drop to start, gradually whisk in 2 tablespoons olive oil, then 1/2 cup vegetable oil; whisk until dressing is thick and glossy. Whisk in finely grated Parmesan. Season with salt, freshly ground black pepper, and more lemon juice, if desired. Can be made one day ahead.

*\*Raw egg is not recommended for people with weakened immune systems.*

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