



## COOL, WET START

Here we go! This is your first We Grow share for the 2017 growing season. The shares are definitely lacking on several things we had planned, but we still have veggies coming in albeit largely from the tunnels. So in true CSA fashion, we are going to share with you everything we have at this time and work our tails off to make up for the lack during over the course of the season. Our best estimate is that we are about three weeks behind last season. This is in part due to wet weather, but more importantly the cold. The cold temps have been keeping things we have planted from growing. The photo above is of Mrs. Farmer and Dene at the Medford Market in late May. Fur hat and all! Alas, we still have lots of time to get more seed in the ground and replant those things that did not germinate as scheduled.

Those of you returning know that this is the time of year when we jump start our digestive tracts into healthy eating with lots of greens. We ask that you embrace greens season and make yourself a salad every chance you get. Think beyond lettuce. Add things you've never added before: fresh fruits, nuts, grilled meats, or cheeses and try out a new dressing or make your own from scratch with one of our recipes.

Enthusiasm on the farm is at an all time high with lots of great help and so much positive energy. The volunteers have been returning all spring with a great onion mob kick-off event in May. Our intern Racheal has been busy getting her hands dirty and wholeheartedly dives into every task we assign to her. She especially seems to enjoy the tropical temps in the tomato tunnel through all the cold, rainy spring weather. We are excited to be teaching her many of the important jobs on the farm. Plan to see her at some of the farmers markets for us this summer. Susan has also returned and is bringing a season's worth of experience with her. As we grow, we find these amazing volunteers and employees make all this hard work a bit easier. And that is going to give us some much needed free time with two boys excited to be taking part in baseball this summer.

Eager to serve you the fruits of our labor,

*Eric & Rebecca*

## IN THE CRATE

**Napa Cabbage**

**Salad Mix Lettuce**

**Spring Kale Blend**

**Potted Basil Plants**

**Microgreens**

**Green Garlic**

**Cilantro**

**Salad Turnips** *family shares*

**Peas** *family shares*

## WASHING YOUR PRODUCE

We do our best to keep your produce clean, but it is grown in dirt. We field-rinse the majority, but some items don't store well being wet and are better if washed immediately before use (peas, beans, tomato). You should wash all your produce before you use it, especially greens. Double check where the leaf meets the stem. Specific prep and storage tips will be in every newsletter.

## CRATE RETURN

Please bring your crate or reusable grocery bag every week. Do your best to keep crates clean.

## CAN'T PICKUP?

If you can not pick-up your share, you must send someone else in your place. Your friends will be delighted! If your share is not picked up, you will not be refunded the value, nor can we double-up your share a different week. We plant, pick, wash and pack with your share in mind every week. Switching to a different pick-up day? Give us at least 24 hours notice please.



## NAPA CABBAGE

Don't let the word "cabbage" fool you. This isn't an ordinary cabbage. Packed with antioxidants, folate, vitamin C and much more, napa has been touted as a super food. This crispy and crunchy Asian vegetable is longer and has an oval shape compared to regular cabbage. It works well in crunchy coleslaw, asian stir fries, and soups. It is also popular in the fermented asian spicy kraut/slaw called kimchi.

There will be some work in prepping your napa. You are going to find all sorts of dirt and insects inside despite effort to keep it pristine. Keep refrigerated in the crisper until ready to use. To clean, cut off the stem end, separate the leaves and rinse each leaf before using.

**NOTE:** All Asian greens are a favorite target for flea beetles and slugs, both of which leave holes. While we do try to prevent insect damage with physical barriers, essential oils, predatory insects and diatomaceous earth, please learn to accept that you are going to be chewing on the same leaf as an insect because we grow organically. We don't use chemicals that keep these insects at bay. We know you will come to appreciate what is not in your food from We Grow as much as what IS in your food. Thanks for bearing with us!

## SALAD LETTUCE

The lettuce you are receiving is a blend of leaf lettuces from High Mowing Organic Seeds called DMR Blend. We love the striking red and bright green and wonderful velvety texture. We can harvest this blend at about 28 days, but thanks to the cool weather, this has been in the ground for two months!

Please plan to always wash your salad greens from We Grow. We have found over the years that the ideal way to store greens is to get them home, rinse and leave them right in the salad spinner to maintain high humidity during storage. Never let greens sit in water as they will quickly rot.

## MIXED KALE

We are growing five different types of kale and this week, we are mixing it up to make sure we have enough for everyone. Kale is an easy to grow brassica that does well in very cool weather. It is usually one of the first crops ready to harvest on our farm.

Not everyone loves kale like we do, so we ask you get creative and put it to use. We like to keep some chopped in our fresh salad mix. Kale craisin salad (recipe card available) is always gobbled up quickly at our house. Mix it in small amounts in your daily smoothie for a nutritional boost. Add it to soups, lasagna, pilaf or simply roast it into kale chips to add to burgers, salads, or simply as a quick, healthy snack.

## POTTED BASIL PLANT

Why on earth would your farmer give you a plant? Clearly if you wanted to grow your own, you would not have purchased a farm share! Well, we know this might be the case for some of you. But we're hoping that a few of you will take your basil and enjoy it.

Your basil was potted into it's 3" pot on Tuesday of this week, so it has plenty of room for now and can be left in this pot for a few weeks. Then it might be time to move it into a larger pot or in to the ground.

Basil can be harvested from the tip of the plant. When you harvest basil, leave at least two leaves on the stem just below where you harvest. From these leaves, two new tops will sprout and double the size of your plant. With full sun (but not scorching) and consistent moisture, your basil should last at least half the summer. And yes, it is okay to eat the basil flowers and seeds.

## MICROGREENS

These tiny plants pack nutrition and flavor. Microgreens are simply the young version of common plants like kale, broccoli, beets and radishes sprouted in a soil medium and grown for 10-12 days then cut from the root.

Microgreens are best used within a few days after harvest in a raw state. They can be substituted in most recipes calling for alfalfa or broccoli sprouts. Top your sandwiches, salads, chicken breast and more immediately before serving. Keep refrigerated and rinse and spin before eating.

## CILANTRO

We do our best to include herbs with your produce every week. Herbs are an often overlooked part of the seasonal garden. But if you often find yourself resorting to extra salt, butter, and cheese for flavor, it's time to ramp up your use of fresh herbs. They can transform a recipe not to mention, they provide a multitude of nutritional benefits.

Find more detailed info in the Herbs 101 handout for all members.

## SPRING GREEN GARLIC

Garlic is incredibly healthy for you and we hope to keep you in garlic as much as possible this year. We've planted over 4,500 bulbs!

We'll start the season with spring green garlic. Just chop the roots, trim dead leaves and then the entire stalk, leaves and bulb are edible and FULL of flavor. Use it wherever you would normally utilize regular garlic. Don't waste a bit of the leaves (just chop finely) and you should have enough garlic for a week's worth of cooking. Refrigerate and keep the cut ends wrapped.