



There is hope for a good bean crop yet! Better late than never. In years past, we've loathed bean picking season. As we were out in the field this spring planting 1,000 row feet more than we've ever planted, our workers were joking about calling in sick on bean picking days for it is a laborious, back-breaking task. When the cold wet spring forced replanting, we knew the beans would be behind. Then the deer started jumping the fence and browsing at will we started to really wonder if we would have any at all. Now other farms have had beans for a couple weeks and we feel the pressure to put such a seemingly simple to grow item on your plates. Tiny beans are starting to appear among the pink and white blossoms. So if nothing else goes awry, we will see bean season finally begin in week eleven.

Despite being in our third season growing produce, we struggle to get large enough quantities to meet customer demand. Every year we grow more and every year we have more people want more. Growing organically places high demands on the soil. To properly prepare, we should rotate cover crops with specific goals in mind for each crop for at least three seasons before planting a single vegetable. The soil should be in peak condition with high levels of organic matter, good drainage and maximum nutrients for optimal plant health. Unfortunately, we don't always get the cart in front of the horse as demand coerces expansion.

As we expand, we continue to chunk of sections of formerly worn out hay land and this in itself creates problems. This season we moved into a new three-acre area following only one season of winter rye. It isn't optimal, but we understand what needs to be done to make it better and feel we are on the right path to grow more simply by improving conditions for next season. We are talking about this now, because this month is the last opportunity to plant a cover crop and get idle spaces ready for next season. The investments we make now will be paid back, but planning so far in advance is an intricate task.

Excited to be half way,

Eric & Rebecca

IN THE CRATE

White Satin Carrots

Cucumbers

Blue Curly + Lacinato Kale

Summer Squash

Garlic Bulb

Tomatoes

Fern Leaf Dill

Red Onions

Golden Beets *family shares*

Green Cabbage *family shares*

"Because we are what we eat, we can literally transform our bodies and minds by choosing an inspiring diet."

-Mike Adams

CSA FEEDBACK

We are throwing some varieties at you this season that we have never grown on our farm. We'd love to hear your opinion to help us make decisions for the next growing season. Something you love? Hate?

Talk to us when you pick up your share or send us an email message. Your feedback is necessary to make our CSA system work and help us plan for next season.

OH HONEY

Some of you have been asking about purchasing We Grow honey. We plan to extract right around labor day weekend and it looks like we will have enough to offer it for sale. The bees are off to a great start with lots of honey supers on top of hives. Get your name on our honey list if you want to make sure you get a quart or two. We charge \$15/quart.

WHITE SATIN CARROTS

The field carrots are doing fantastic! This week we are featuring our new favorite called white satin. We love the flavor, the super crisp and how well they grow compared to all the other varieties we are trialing. Please don't confuse them with parsnips which look a bit like white carrots.

We encourage you to use the carrot tops. We add them to stock and soups and as a seasoning in our meat dishes. You can also trim the tender leaves for use in salads or dry them as you would parsley.

Carrots should be stored in your fridge's high humidity crisper drawer. They last for months in proper storage.

CUCUMBER

We have two plantings of cukes. The 400 row feet in the upper field is producing, but the 150 row feet of UW trial varieties in the back field were eaten off early in the season by the deer. They have been sprayed regularly with repellent and may be making a comeback.

Again, you will find some long green cucumbers in the mix this week called Jade, which is very soft skinned and does not need to be peeled. As we mentioned last week, the cream colored ones are silver slicers. We also have a few straight eights which look like an unpickled pickle.

GREEN ACRE CABBAGE

The cabbage is just starting to get mature. We should have green cabbage for everyone in next week's boxes and also have some available for purchase. We also have a few hundred heads of a variety of cabbage, Kaitlin, specifically for making sauerkraut. It has extremely dense layers and very high dry matter. These should be ready for harvest in late August or early Sept.

SUMMER SQUASH

Get creative with your summer squash. There are so many ways to use it! You can eat it raw with dip, blanch and freeze it, make turmeric pickles, include in marinara sauce, grill it, saute it, grate it with carrots for veggie fritters or zucchini bread, steam it, and the list goes on.

On that note, if any of you want extra summer squash for preserving, please just ask before we come to market and we can set it aside for you. This is something we have in abundance and would love to share!

TOMATOES

We will continue to include our tunnel varieties for two more weeks until the field starts producing more. Then you will see more cherry and grape tomatoes in shares. This week, watch for the cream sausage. It is a low acid, yellow roma variety. Our son Dene's favorite!

FERN LEAF DILL

Dill and cucumbers are a perfect culinary combination, from sour cream cucumber salad to dill pickles. While we highly recommend you put these two vegetables together, we also love fresh dill weed on roasted carrots, as a topping on pizza, as a bit of zest over grilled summer squash and more.

CREAMY CUKE SALAD

Ingredients

- 4 - 5 slicing cucumbers
- 1/2 teaspoon salt
- 1 small red onion, thinly sliced
- 1 cup sour cream or plain greek yogurt
- 1/4 cup sugar
- 2 Tablespoons white vinegar
- 1/2 teaspoon ground black pepper
- 2 teaspoons dill weed

Directions

Slice cucumbers into bowl and mix with salt. Place in colander in a bowl and cover. Refrigerate for two hours or overnight to draw the water out of the cucumbers.

Combine sour cream, sugar, vinegar, and pepper.

Drain cucumbers well and try to get as much moisture as you can out of the sliced cucumbers. Do NOT rinse. Combine cucumbers and sauce and add onion and dill weed. Serve chilled.

Tip: Save the cucumber juice for a refreshing addition to your lemonade or water.

SQUASH TOMATO BASIL SALAD

Ingredients

- 2 - 3 medium summer squash, noodled or chopped
- 2-3 medium tomatoes, chopped (or 10 cherry)
- 2 Tablespoons fresh basil, coarsely chopped
- 1 fresh garlic clove, minced (or more)
- 1 Tablespoon oil (we love avocado oil)
- 2 Tablespoons balsamic vinaigrette
- salt and pepper to taste

Directions

Combine your prepared veggies and combine with oil and vinaigrette. Let chill for 30 minutes and serve.

Tip: To make any dish with summer squash less watery, prepare your squash the day before and toss with salt then set in the fridge in a strainer bowl or your salad spinner to draw some of the water out before combining with your other ingredients. This also works well for cucumber salad.