



## FINDING BALANCE

When you own a farm, the work never ends. There is always something to do. An eighty hour work week is an easy feat because we live at our job. We can work for an hour before breakfast and two after supper and get a few more hours in after the boys go to bed. As long as there is light to work by, the only thing stopping a farmer is his or her own will. That voice in your head that tells you it is time to rest. And when you're behind, that voice tells you to keep going. But too much work can break a person down and wreak havoc on your health and family life.

Our boys, Gus and Dene are nine and seven years old and home from school for the summer. They have household duties much like we did as children. At times we ask them to work with us on the farm so that we can spend time together, but it can be stressful if they don't do a good job or want to quit. As parents, we struggle with wanting the boys to learn the value of hard work through active participation in the family farm versus having pieces of a "normal" off-farm childhood. But today's normal childhood includes parents constantly running for their kids.

So into our lives steps baseball. "We can try it - sure. Let's just see how it goes." Well, now we have committed four nights a week to the sport. Surprisingly, it has been a good change. Other than speeding up meal time, we are forced to drop farm work and leave. At times only one parent, but nonetheless, we have to sit down, rest in the evening sun, and watch the boys play ball. They have our full attention as we practice catch over lunch break or toss a few pitches in hopes to improve their batting skills. Neither of us is any good at baseball nor are we qualified to teach it, so the boys aren't exactly destined for the majors. But for now, they learn that we can stop working to find a balance with family. And we continue to entrust grandparents to play a huge role in making sure there are camping trips, swimming and visits to the zoo to keep things "normal."

We just hope that one day they understand the dynamics of having a farm and livestock and the limitations it brings. Those Sunday afternoon fishing trips are at the cost of an unweeded patch of potatoes or an unpicked bed of cukes. Time away comes at a real price, but at the same time is priceless.

Until next time,

*Eric & Rebecca*

## IN THE CRATE

Carrots  
 Napa Cabbages  
 Scallions  
 Red Oakleaf Lettuce  
 Swiss Chard  
 Radishes  
 Garlic Scapes  
 Microgreens  
 Peas *family shares*  
 Arugula *family shares*

**Food does not simply recharge a person's batteries – it shapes their life.** What greater thing can you do for someone than feed them? If you love someone, give them food that nourishes their body and soul, food that is grown responsibly, and food that benefits the world.

*- Sarah Holm, Organic Valley Farmer*

## SUPPLY REUSE

We are often asked if we would like to reuse and repurpose. With proper sanitation, we can reuse these items: plastic greenhouse flats (generally 10x20") webbed or solid with dividers, mid-size transplant pots (3-3.5"), plastic and paper grocery bags (not veggie or meat bags), abandoned garden tools, mason jars,

Please do NOT save us 3 or 4 cell packs for transplants, no plant id tags, no pots larger than 3.5", no grocery bags that are dirty, no old mayo jars, and no eggs cartons at this time.

### NEED TO REACH US?

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## GARLIC SCAPES

Scapes are the seed shoots that grow from the bulbs of hard-neck varieties of garlic. When they're young and tender, they look like curly green stalks with tightly closed buds on top. Gardeners harvest them at this time of year so that they won't drain nutrients from the garlic bulbs that will be dug up in a couple of months.

Scapes are a vegetable, aromatic, and even herb all in one. A popular use for garlic scapes is pesto, either straight-up or mixed with herbs like basil and dill. Pesto showcases raw scapes in all their glory. Scape pesto can be very pungent, but it mellows substantially in the freezer. I like it best in the middle of winter, but it might be one part mellowing and two parts deprivation.

You might also try something as simple as frying them with some olive oil and shrimp. Tossing them into an omelet or using them as a topping on your pizza. Scapes are very good roasted in oil and salt as well. Store in a bag in the fridge for up to two weeks or more or chop and store in olive oil without refrigeration.

## RAINBOW CARROTS

These carrots are coming from an early tunnel planting. The supply will last more than one week, but it will be longer than anticipated before our field carrots are ready to harvest. Nothing tastes better than fresh from the ground carrots - in our opinion.

**Why the tops?** Eric and I went back and forth on keeping the tops on or removing them. We decided in the end to leave them on for now. Here is why. We will often add carrot tops (usually only the tender center leaves or just the feathery part of the leaves) to our salads. They have an herbal, earthy carrot flavor and are a nice visual addition.

And then there is something our farm volunteer Linda told me. When she cooks down vegetables for soup stock, she likes to use the carrot tops instead of the carrot roots because everyone in her house loves to eat the roots. It seemed like a waste to cook the roots and toss the tops out. So consider making a healthy soup stock with tops if you want to get creative. Perhaps toss them in the freezer until you have a few other items to throw in the pot as well.

## RADISHES

We are growing two varieties right now. With long cylindrical rose-pink roots, bright white tips and deliciously mild flavor, this variety is called D'Avignon. It is also known as French Breakfast radish. They are originally from the South of France where they are traditionally eaten fresh with butter. In our house, they are enjoyed fresh often with a dash of salt. We also like to do a quick pickling for a zesty salad topping.

The round red variety is called Sora, from High Mowing Organic Seeds, this variety is similar to your common cherry belle. The primary difference is it has been selected to withstand not bolt as quickly and also resists insect and disease pressure a bit better.

Both varieties can be varying degrees of spiciness based on the weather and growing conditions. While the early May radishes we very mild and juicy, these have a bit more bite.

## SWISS CHARD

Chard is the edible leaf and stem portion of a plant very closely related to the beet. In fact, the part of the plant above the soil looks identical. The only difference is that there is no round, edible root. This means chard is very healthy for you, loaded with vitamins A, K and C and 13 different antioxidants! Don't skip this one folks. We eat a lot fresh on salads and in wraps, but we also recommend simply sautéing chard in butter with a little salt and pepper. If you have to mask the flavor to get your picky eater to eat it, finely chop and add to veggie rice, orzo or barley pilaf with some fresh garlic.

## CHARD AND GOAT CHEESE FRITTATA

### Ingredients

- 8 large Swiss chard leaves, with stems
- 2 tablespoons extra virgin olive oil
- 1 medium red onion, thinly sliced
- 1/2 teaspoon salt
- 2 teaspoons fresh rosemary, minced
- 3 garlic cloves, minced
- 8 large eggs
- Fresh ground black pepper
- 4 ounces soft goat cheese, crumbled

### Directions

Cut out the chard stems, dice, and set aside. Coarsely chop the leaves. In a large cast iron skillet\*, heat 1 tablespoon olive oil. Add onion, 1/4 teaspoon of salt, and rosemary. Sauté for 10 minutes over medium heat, until the onions are soft and beginning to brown. Stir in the chard leaves and 1/4 teaspoon salt, and sauté for 1 to 2 minutes, until the greens begin to soften. Remove from heat. Stir in garlic and chard stems, and set aside. In a large bowl, whisk together the eggs, add the chard mixture and goat cheese, and stir to combine. Preheat the broiler in the oven. Heat 1 tablespoon of oil in the skillet over medium-high heat. Once the oil is hot, pour in the chard-egg mixture and cook for about 3 minutes. Place the skillet in the oven and for 3 minutes. Pry the frittata from the edges of the skillet and invert it onto a serving platter. Cut into wedges and serve.

*\*If you don't have cast iron, use a skillet with an over-safe handle.*