



## THE GROWING GAP

"To eat well is to eat in a world where everyone is able to eat well." A line penned by our farming friend, Tony Schultz several years ago in response to "What does it mean to eat well?" Since starting We Grow, we often contemplate how we eat as a society and what influences us to eat this way. We look at other family's grocery orders and sometimes question what nutrition these people are even surviving on?

The elephant in the room is the amount of sugar the kids are given at everything they do outside our home. They are rewarded with sugar at school for their achievements, fed candy at church for a snack, have it thrown at them in disturbing amounts at every parade, and bring it home from each of their friends for every holiday. Beating sugar feels like a losing battle.

While we tend to focus on the sugar overload, especially compared to just a generation ago, we lose site of what they aren't eating. The lack of fresh vegetables and fruits in schools and senior sites is discouraging. Especially when specific vegetables are available locally in season! It is not in the budget to eat well, so we all lose two-fold. Our farmers don't profit from the direct-to-consumer income and people don't eat as well as they should.

Food inequality goes well beyond institutions. Take a look at the price of real food in the grocery store. Processed, pre-packaged meals loaded with unpronounceable ingredients and preservatives cost far less than the raw products if you were to actually cook the meal. Microwaves dinners were on sale 10 for \$10 last month! Take it a step further and consider eating entirely organic. The price of organic groceries is nearly double conventional and financially out-of-reach for many.

Our broken food system is a small part of things going awry on a national level. Supporting local producers is a small step toward changing people's interpretation of what it means to eat well. Consider the value you place on every person's right to eat well, not just those who can afford it and how to get people to demand better food, for all.

Feeling contemplative,

*Eric & Rebecca*

## IN THE CRATE

Pac Choy

Carrots

Scallions

Mixed Lettuce

Dinosaur (Black) Kale

Garlic Scapes

Broccoli or Kohlrabi

Cilantro

Radishes

Celery family shares

Baby Beet Greens family shares

## Eating is not merely a material pleasure..

Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale.

- Elsa Schiaparelli

## GET DIRTY

Every season, we get inquiries from people hoping to spend a few hours on the farm. We always welcome volunteers. It is a great way to see firsthand how we grow your food. Your visit further establishes your connection with the land. No worries, we'll find a task to match your capabilities. Each day of the week we have different things happening from weeding and planting to washing to packing. On our farm, we call your visits dirty therapy. Don't be afraid to reach out... and bring a friend!

## YOU'RE INVITED

MEMBERS: Please request your reservations now. We ask for a donation in return. The event will take place at our farm on Friday, July 14 and feature professional chef, Jay Lucey.



## PAC CHOY

We're growing a variety of Asian greens which are from the cabbage family. Napa cabbages are in the same family as this week's featured pac choy. For the most part, all can be prepared either fresh or cooked. Another similarity is that they all contain a fair amount of water. We offer members our favorite ginger-sesame stir fry sauce recipe, but you could also just chop these up and lightly sauté with garlic and oil. Preparing a cold salad with creamy or vinegar dressing would be a good options as well with the stems being so crunchy and fresh.

Choys are noted for being low in calories and packed with vitamins A and C among many other important nutrients, so eat 'em up! Store in a plastic bag in the fridge at high humidity for best freshness. Our kids put up with boc choy substitute for celery on the veggie tray and don't complain.

## BROCCOLI

Despite being in the tunnel, this broccoli is not immune to the cabbage moth larvae (little green worms) that are often prevalent on organic farms. Leave broccoli in a plastic bag overnight in the fridge and the worms will often come out. If you are cooking with the broccoli, you can pre-blanch it for 30 seconds to dislodge the pests. And don't hesitate to utilize the stems and leaves. This is often the best part of the broccoli being it has more sugars and less starch than the actual florets.

## KOHLRABI

Kohlrabi is one of those vegetables that you don't really need to do much with to enjoy it. It's a great vegetable to snack on with your favorite dip or salad dressing. Sprinkle it with a little salt and/or a squeeze of lemon and you're on your way. If you do want to get more creative, kohlrabi makes an excellent slaw when shredded or sliced thinly and tossed with a dressing or vinaigrette. Lightly sauté it or stir-fry it with a little butter or a simple sauce, and don't forget to add the greens too. In our house, we've more recently come to love it as an addition to roasted veggies. Just cut into small sticks first.

To prep, peel off the tough, outermost layer of woody skin. More should be removed from the root end and less as you work your way to the top. Then snack on the inner flesh. Store wrapped in the fridge.

## DINOSAUR KALE

This week you are receiving a variety of kale highly sought by professional chefs for its flavor and texture. Also known as Italian Tuscanero, Lacinato or black kale, it is widely grown in Italy and is one of the traditional ingredients of minestrone and ribollita. In our experi-

ence, dinosaur kale is the only variety to stay crispy the day after it has been roasted. For this reason, choose dinosaur kale if you've ever considered grilling kale. Toss in oil, blacken briefly on high and then salt.

## MIXED LETTUCE

The lettuce this week is a mix of bolsachia oakleaf (thick green leaf) and pirat butterhead (soft, tender leaves with red tint). Before eating, please take your lettuce apart by separating the leaves from the stem and wash well. This is the first lettuce we are sharing that was grown in the field and it is SO DIRTY from all the rain washing the soil up into the joints.

## CILANTRO

You either love it or you hate it. We hope at least one person in your house loves it, because it is coming to you this week. We'd like to be sending basil for scape pesto, but it just isn't big enough yet. Maybe 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!

If you aren't a fan, please request a different herb in exchange. And know that there is some real science behind the fairly common aversion to cilantro. Apparently the scent molecules in cilantro are very closely related to those in soap. That explains a lot!

## SAUTEED PAC CHOY

### Ingredients

- 2 tablespoons neutral cooking oil
- 2 garlic cloves, minced or 4 scapes chopped
- 1 1/2-inch piece ginger root, peeled and minced
- 1/4 teaspoon red-pepper flakes, or to taste
- 1 1/2 pounds pac choy, cleaned and stems chopped and separated from more tender leaves
- 1 tablespoon soy sauce
- 1 tablespoon chicken stock or water
- Toasted sesame oil for drizzling

### Directions

In a large sauté pan with a lid, heat oil over medium-high heat until it starts to shimmer. Add garlic, ginger and red-pepper flakes and cook, stirring constantly, until fragrant, about 45 seconds.

Add bok choy stems and stir carefully to cover with oil, then cook for approximately 3 minutes. Add pac choy leaves, soy sauce, stock or water, then cover pan and cook for approximately 2 minutes more, until steam begins to escape from beneath the lid of the pan.

Uncover and continue to cook until liquid is close to evaporated and stalks are soft to the touch, approximately 3 minutes more.

Remove and drizzle with sesame oil.