



## WELCOME TO THE FARM

Finally, a new farm share season is here! We are beyond excited to have the opportunity to share our vegetables with each of you. There is hardly a more personal choice than the food with which we choose to nourish ourselves. Thank you for choosing our farm.

With each weekly share, you will receive this newsletter with a brief editorial that will either give you an idea of what is happening on the farm or be an opinion piece written by your farmers about current issues. We encourage your feedback and response to these newsletters. We love to hear from you. Please read the newsletter. It only takes a few minutes but can mean the difference in knowing what to do with a strange item versus tossing it in the compost after it lingers in your fridge for two weeks. Ever heard of napolini?

Now for an overview of how our farming spring has gone. We didn't get started as early as normal with the snow and winter temps hanging out for about three weeks longer than normal. When we did get early crops planted, everything looked great and on schedule. Then things started to get warm. Then too hot. Our cold weather crops grew quickly and many went straight to bolt, which means they are not harvestable. Some have been infested with insects not normally present in cool springs. In the case of our early radishes, they came in so fast we picked as many as we could and sold at the May markets but a majority bolted resulting in a pretty yellow flower and tough, woody root. Beautiful napa cabbages came in about two weeks ahead of schedule. The second planting of napas didn't do very well in the heat and we discovered total loss from heat loving cabbage root maggots.

Fortunately, some things are growing so quickly that we will have them much earlier than planned. This is the earliest we have ever had broccoli to share. Cucumbers and tomatoes are not far off either! The peas are full of blossoms, so we are hopeful to share these very soon as well. It has been an unusual spring to say the least, but with a nice bit of rain showers the past week it might just prove to be a fantastic growing season yet.

Farming the weather rollercoaster,

*eric + rebecca*

## IN THE CRATE

**Butterhead Lettuce**

**Broccoli**

**Pea Shoots**

**Scallions**

**Salad Kale**

**Cilantro**

**Spring Green Garlic**

*Napolini family shares*

## DINING OUT

This week enjoy sustainably grown We Grow produce and meats at these establishments. Let them know you appreciate the work it takes to support local farms!

**Hill of Beans**, Ogema

**Forest Springs**, Westboro

**Uncommon Ground**, Medford

**The Filling Station**, Medford

*eat well, live well*

## THE COLLECTIVE

As you are figuring out how to use your veggies, please don't forget our resources. We will include recipes with your share each week and on our website. Also, you can join the We Grow Collective on Facebook where members can post their ideas and photos of what they are doing with their veggies. And as usual, we offer a discount on the A-Z CSA member cookbook only \$15. Just ask for your copy and we can deliver it with your share at any time. 

## BAG RETURN

Please bring your share bag/box or a bag of your own to the pick-up location. We will exchange these every week. Thank you!

# BUTTERHEAD LETTUCE

Lettuce is a staple in the spring because it thrives in cool temps. At We Grow, we filled the walking aisles of our tomato tunnel with lettuce to give it a safe place to grow until the fields were prepared. The extreme heat last week caused serious tip burn so this is likely the last lettuce from the tunnel. Hopefully the field planting catches up quickly.

This red butterhead has a smooth buttery texture and sweet flavor. Lettuce from our farm has been field rinsed, but not thoroughly washed. You should remove the leaves from the stem and give them a good washing. Then use a salad spinner or shake until no longer dripping wet. We find lettuce stores best in the salad spinner or in a wrapped colander in the fridge, but it can also be kept in your crisper drawer in the bag provided.



## PEA SHOOTS

This tender, nutritious treat is something we absolutely love for its flavor. They taste much like a fresh snow pea in with a hint of spinach flavor. **Ignore freckles on the leaves. This has been caused by heat stress and is harmless.**

Enjoy pea shoots in salads, stir fries, sandwiches and atop a main course as a lovely garnish. They're a great source of beta carotene, vitamin C, folate, and fiber.

## Savor salad season

# FRILL KALE

Let's start by stating that this is our absolute favorite kale for its soft, tender texture. It has become known as salad kale to our market customers.

The two varieties of kale included in this week's share are Siber-Frill (green stem) and Russian Frills (purple stem). Both originate in Russian versus northern Europe like other kale. Russian kales have lighter, ruffly leaves that are more tender than European types. We tasted these varieties at a UW Madison field day in Spooner last summer and had to have them for ourselves.

Do everything in your power to use your kale this week, because you will get more next week. Don't forget to trim out the center stem. Make roasted kale chips, kale-craisin salad, zuppa toscana (creamy soup), juice it, or chop it up and eat it raw. Do whatever it takes to make it disappear!

GET CREATIVE IN YOUR KITCHEN WITH THIS DELICIOUS, UNCOMMON ASIAN DELICACY.

# NAPOLINI FLOWER STALKS

We must confess. We made up this word, but we feel this vegetable is worth a name. If you've ever had sprouting broccoli or broccolini, you might have an idea of how to use napolini. These are the flowering stalks of the Asian cabbage and they taste delicious! In Asian cultures, the flowering stems, being sweeter than the leaves, are sought for the superb flavor. We recommend including this in your salad or sauteed with ginger and oyster sauce. Get creative and let us know what you stir up.



# BROCCOLI

This item hopefully doesn't require any advice on how to utilize. We do have to give you a warning though that our vegetables are grown 100% organically. That means no pesticides to kill those pesky little green cabbage worms that forage on brassicas which include all cabbage, broccoli, cauliflower, kale and more.

This earliest tunnel grown broccoli shouldn't have much for pests, however later batches will. We recommend blanching (toss in boiling water) for 30 seconds before using in your recipes to kill and dislodge pests in broccoli if it of great concern in your household. An overnight in the fridge causes them to crawl out as well.

# GREEN GARLIC

Garlic is incredibly healthy and we intend to provide garlic nearly every week.

We'll start the season with spring green garlic. Just chop off the roots, trim yellow tips off leaves and then the entire stalk, leaves and bulb are edible and FULL of flavor. Use it wherever you would normally utilize regular bulb 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.

## HAVE A VEGGIE QUESTION?

Don't hesitate to call for help identifying new veggies or asking for tips on how to use. Our farm collective on Facebook is a great place to get prep ideas. Odds are if you've got a question, someone else probably has to same one.

HOME 715-427-1002 CELL/TEXT 715-905-0431

ONLINE [facebook.com/wegrowfoods](https://www.facebook.com/wegrowfoods)

