



RESTAURANT DIGESTION

We increasingly feel that restaurant menus simply don't offer much that we find both appealing and healthy. We often feel like we could make better food at home. We've evolved to appreciate simpler, boldly flavored dishes with a seasonal rhythm. We've come to despise the same old protein-focused menu with ribeye or breaded shrimp that every eatery offers all from the same white food distribution truck. Oftentimes, restaurant food makes us downright sick and we know this and plan for the digestive discontent that will follow before we walk through the door. Why have we settled on paying for food that doesn't make us feel good?

But the concept of a "healthy restaurant" would never sell. Right? Well, that depends on one's concept of health food. The old notion of tofu and sprouts step aside. A new "healthy" is emerging. The concept that vegetables and fruits can take center stage, with lean protein in smaller portions to accompany. Boost the nutrition by including farm-to-table greens, roots, and legumes prepared with healthier oils like avocado and olive. All of this combined with fresh, bold herbs and fresh ground spices. A whole new concept of healthy restaurant dining. Flavor! Show us a menu that doesn't include bloat, indigestion and night sweats. Don't even get us started on the kids menu. Chicken tenders, grilled cheese or burger. How creative!?

What is preventing local restaurants from making their food healthier? A large part of it is cost. It is cheaper as well as easier to offer partially processed, starch laden food. The other big factor is demand. When a local restaurant offered a new roasted winter squash salad with nuts and fruit we heard all about it. This seasonal offering quickly became a full-time side dish because people raved about the quality and flavor. Customer feedback and requests is how we get our eateries to change. Have a conversation with the host, wait staff or owner about their fresh or local menu options. Seek out establishments with a menu that changes regularly and includes local food with seasonal flavors. Browse thru FarmShed Farm Fresh Atlas available at our booth to find eateries that offer something a little fresher. Don't settle for digestive discontent!

Until next time,

eric + rebecca

IN THE CRATE

Red Cabbage
Green Oakleaf Lettuce
Edible Nasturtium Flowers
Zucchini/Summer Squash
Slicing Tomatoes
Cucumbers
Dillweed
Celery
Kale or Rainbow Chard
Walla Walla Sweet Onion
Garlic
Bell Peppers *large shares*
Green Beans *large shares*

MARKET EVENT

The Medford Farmers Market is holding its annual Peak Harvest Customer Appreciation Day at the midtown fairgrounds location on Saturday, August 11th from 8:00 to noon. Door prizes every half hour. Our local VFW Post is joining us with their brat fry, try free samples of local produce, enjoy music, coffee and the aroma of fresh fried donuts. **There will also be a BIG ZUCCHINI WEIGH-IN CONTEST. Bring your biggest zucchini for a chance to win a farmers market gift certificate. Tell your gardening friends.**

PROCESSING TOMATOES

It is time to get your name on our calendar for sauce, juice and paste tomato orders. This week we harvested our first 50 lbs and they will start ripening fast! The price is only \$1 per lb for orders of 50 lbs or more. Come help us harvest and pay even less!

"Success comes before work only in the dictionary."

unknown

NASTURTIUM FLOWERS

Beautiful and delicious, we are including nasturtium as something fun for our members to sample this week. They have a peppery, almost radish-like flavor which is more concentrated in the stem portion versus the petals. We are only including the flower portion, but the entire plant is edible even the seeds which can be in place of capers.

Nasturtium have a high concentration of Vitamin C and have been used to treat scurvy. They are also a natural antibiotic. Eating a couple of the peppery leaves at the onset of a cold can stop it dead in its tracks. The gentle antibiotic action of the leaves makes them ideal for treating minor colds and flu.

The flowers are often added to salads to give them some color and a great peppery taste as well. Store refrigerated for up to four days or so.



BELL PEPPERS

We struggle with nice, big green bell peppers. It has to do with our soil and it is a goal of ours to get our soil conditioned and balanced to grow beautiful peppers. Our biggest problem is simply no fruit at all on many of the bell pepper plants. However, this is not the case on the jalapeno, cayenne or bull horn (corno di toro) type varieties. So we plant more variety while we make efforts to grow better.

We plan to share sweet peppers with everyone next week in combination with everything needed for fresh salsa. You will see a collection of many colors in our peppers including purple, yellow, nearly black and green. All of them are to be used like a green pepper. All sweet peppers will turn "ripe" after about 20 extra days on the plant. A ripe pepper will turn red, yellow or orange after its original color. At that point, it is considered sweet.

TOMATOES

We are getting into some of our unusual varieties of slicing and salad tomatoes. Many of you will be getting a large greenish yellow heirloom called Cherokee Green. It is very similar to Ruby's German Green we've grown in years past. It has a very mild, low acid tomato flavor we love to combine with the stronger high acid reds. Our favorite Berkeley Tie Dye is going out to many of you as well. It features dark pink with green to gray stripes. Most still have green shoulders which is normal. They should be sliced from stem end to blossom end to enjoy the full flavor profile.

SWEET ONION

The Walla Walla sweet onion is named for Walla Walla county in Washington where it originates. Its development began around 1900 when Peter Pieri, a French soldier who settled in the area, brought a sweet onion seed from the island of Corsica.

Walla Walla is famous for its large size and sweetness and firm-textured. The flavor is very mild. When this variety is harvested early at as the tops start to tip over and growth ceases. A short keeper, it is best used soon after harvest for fresh eating, cooking or freezing.

GARLIC **Is your garlic piling up?** Some of you use a LOT and others will get enough to last you until next share season starts. Garlic is unique in that it is planted in October, overwintered in the ground then harvested in July. We just completed our harvest on Thursday and it is drying in the hot dark shed. In two weeks it will all need to be cleaned sized and graded.

RED CABBAGE

Red cabbage, which is actually a purple color, can be used in any recipe that calls for green cabbage. The primary difference is the residual pigmentation that red cabbage tends to leak into the dish.

One cup of chopped red cabbage (uncooked or steamed/simmered) has 28 calories, 1 gram of protein and no fat. You'll get 2 grams of dietary fiber, which is 5 percent of the recommended daily intake for men and 8 percent for women. The list of nutrients, most notably vitamins C and K, is too long to fit into our newsletter. Its unique purple pigment delivers 15 times as much beta-carotene than its green counterpart! Think healthy skin.

Don't over look fermenting your cabbages from We Grow. Fermenting is an incredibly simple process especially when compared to canning or pickling. All it requires is the proper amount of salt and water ratio to allow the good bacteria to flourish in your ferment. It is worth a look on the internet for simple cabbage ferment recipes.

Cabbage can be stored in the crisper drawer for several weeks. Just cut off what you need and store in a plastic bag. Over time, it will brown slightly where the cut was made. This can easily be trimmed each time you want to use it again. We store cabbage in the cooler all winter.

HAVE A VEGGIE QUESTION?

Odds are if you've got a question, someone else probably has to same one. Don't be afraid to ask!

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