



A gathering of six CSA farms before the Stoney Acres barn dance.

COOPERATIVE FARMING

Our members are each receiving a gift from our amazing friends. Last season, following a very stressful day, we left the farm to run some borrowed equipment to Red Door Family Farm which is on the way to Athens. They weren't expecting us to pop-in, so we helped them with the work they were doing just so we could get our mind off our troubles. When their potato harvest was done, we all plopped down on makeshift chairs in their pack shed as Tenzin cut into a sun jewel melon that had just been harvested out of the field. The unfamiliar looking melon was still warm and had an intoxicating sweet flavor. Mmm, that first bite! It tasted so much better than the watermelon and cantaloupes we had tried growing in the past.

When this season started, we planted these jewels on our farm. Alas, they were not a success having chose a bad location. Poor drainage in heavy clay soil and one heavy rain drowned the little seeds. Jump forward two months... after helping serve an awe-inspiring farm-to-table dinner at Red Door, we were sitting around the campfire discussing our melon maladies. Stacy and Tenzin, did not hesitate to extend the offer to share their melon bounty with our CSA members. Last night, we went to their farm and helped harvest the deliciousness and you are receiving them today.

We have touched on the topic of cooperation between CSA farms in the past, but it is worth mentioning again. One thing that has truly taken us by surprise is the willingness of other CSA farms in our area to help out and extend some very generous offers at the drop of a hat. Everything from bed shapers to root vegetables. One might have assumed we are in competition with these folks but upon meeting them, it doesn't take long to realize that we are all in this together. And as long as we are all working toward the goal of getting more people to embrace and choose local food, we are all winning. We owe Red Door (and our farming friends at Stoney Acres and Cattail Organics too) a bit of thanks for having helped us in so many ways these past four years. If you get the chance, please express some gratitude on our behalf.

Feeling appreciative,

eric + rebecca

IN THE CRATE

Paste Tomatoes
 Sweet Onions
 Jalapeno Peppers
 Bell + Bullhorn Peppers
 Cilantro
 Garlic
 Cherry Tomatoes
 Sun Jewel Melon
 Red Fire Lettuce
 Zucchini + Summer Squash
 Red Potatoes
 Snow Peas *large shares*
 Cucumbers *large shares*

TULSI BASIL

AKA Sacred or Holy Basil

Sacred Basil is considered a "tonic for the mind, body and spirit."

This is the first season we planted it and we have a huge amount of it ready for harvest. If any members are interested in getting a half pound of sacred basil, please send us a message (email or text) and we will deliver it with your farm share at no charge. Please take a moment to read up on holy basil if you are unfamiliar with it. It is not commonly used in cooking like most basil. It has a history in Indian medicine as a treatment for many conditions, from eye diseases to ringworms. In our home, most often consume it dry in tea.

GROCERY BAGS

If you have clean plastic grocery bags you would like to see put to reuse, please drop them off at our market booth. We love to reuse instead of buy new!

"We have neglected the truth that a good farmer is a craftsman of the highest order, a kind of artist."

Wendell Berry

SUN JEWEL MELONS

Sun Jewel is a Korean bred melon producing long, oblong, yellow skinned fruits which have a sweet, crisp, white flesh. Lemon yellow with shallow white sutures, the Sun Jewels look a bit like delicata squash. This is not surprising, as melons are closely related to squash.

In taste, the Sun Jewel falls into its own category, tasting neither like neither cantaloupe nor musk, but has its own sweet and subtle flavor. The Sun Jewel's delicate flavor brings up many definitions. They are described as an Asian melon, because while they get sweeter with time they stay crisp like an Asian pear (vs. a regular pear).

As the Sun Jewels age the rind will split on the outside, ideal time to eat them is when there are numerous small splits down the rind. That being said you needn't wait, they are delicious now.

This melon is rich in Vitamin C & A, so enjoy this healthy, flavorful treat at breakfast or as an afternoon snack. Cut up Sun Jewels into a fruit salad or try a tropical melon soup by puréeing one with coconut milk. America's Test Kitchen tasters found the flavor to be "more vegetal than fruity" and pegged it as a "perfect addition to a green salad."



PEPPERS

BELL PEPPERS: Shares includes both green and purple bell peppers again this season. We also have a small amount of yellow-white bells. The variety purple beauty has done well for us in the past and it can be used just as a green bell. Some were lodged between branches while growing and have taken on very strange shapes. No matter what color you receive, all are mild and can be used as a green bell.



BULLHORN PEPPERS: Our bullhorn shaped peppers are a mix of four varieties though they largely look the same. Often called "corno di toros," this Italian term simply means "horn of bull." The only difference in our varieties is the color they will turn if left on the plant to ripen. When harvested green, they are nearly indistinguishable. All are mild and can be used like a green bell in your recipes.



JALAPENO PEPPERS: There are three type of jalapeno-shaped peppers in our field this season. All jalapenos are part of the chili pepper category. Two of the three are an early green jalapeno with a heat index of about 5,000 scovilles. The third is called Czech Black and it usually has some black coloration. The heat index on the blacks is a bit less than regular green jalapenos ranging from 2,000-5,000 scovilles.



The hotness in chili peppers varies greatly based on growing conditions. Generally we have found ours to be good and spicy this year. To mellow out the heat a bit, remove all seeds and white ribs. Cooking through also reduces spiciness. We suggest wearing rubber gloves when cutting.

TOMATOES

This week's tomatoes include a few slicers, but they are largely paste tomatoes. Paste varieties have more meat and less seeds and juice. Salsa recipes generally utilize less watery tomatoes for a thicker finished product.

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



lets spice it up

FRESH SALSA RECIPE

Ingredients

- 3 medium tomatoes, finely diced
- 1 medium sweet onion
- 1 medium bell pepper
- 1 jalapeno, finely diced (optional)
- 1 large garlic clove
- 1 Tablespoon fresh cilantro, chopped
- 1 Tablespoon lime juice
- salt and black pepper to taste

Directions

Mix all the ingredients in a large bowl. Allow flavors to meld for 15 minutes before serving. Goes great with tortilla chips or on any Mexican inspired dish. Make it your own by adding black beans, fresh corn, finely diced cucumber or avocado.