



Farmer Dene helping haul wormy napa cabbages to the hogs.

A WEEK ON THE FARM

We wanted to share how our week looks at We Grow. On Mondays, our crew typically consists of our worker shares Linda and Jessica putting in the morning shift harvesting and washing for shares. In the pack shed, we weigh and count items out for the 50 shareholders and fill crates which will go into the walk-in cooler for Tuesday delivery. One of our hired workers, Racheal is also on the farm all day to execute our harvest list or tend to the crops. Oftentimes, it get too hot to harvest late in the day.

Tuesday morning, we are greeted by worker share Tom generally bright and early. With Tom's help we will harvest the last share items. Volunteer Sally and her husband Nate join us and wash and bag for an hour before packing the Phillips shares for delivery. When the Phillips shares leave, if we have some time we will harvest a bit of extra produce for market or head into Medford for downtown farmers market. A majority of our shares are distributed on Tuesday with only two shares going out on Saturday.

We have the opportunity to make Wednesday a "day off" with only animal chores. Susan, our seasoned employee comes this day and could take care of the farm without us if needed. This gives us a chance to schedule meetings away from the farm, host groups or make plans with our children. As of late we have been using this day to get caught up on planting, but this week we are hosting middle schoolers from Medford who plan to help us do some planting and learn about sustainable farming practices.

The past three years we attended the Rib Lake market on Thursdays, but decided to give it up this season. This has given us another work day and we can see the difference on the farm. Thanks to worker shares Anna and Greg along with Susan's help we get non-harvesting tasks accomplished. Then on Friday, with both hired workers, we harvest and pack for Saturday market and our final shares of the week. Saturdays we wrap up farm work in the late afternoon and relax. Sundays we try to only do animals chores then leave the farm, but sometimes use this day to get caught up on our task list. Afterall, we have the winter to relax!

Getting back into shape,

eric + rebecca

IN THE SHARE

Broccoli

Butterhead Lettuce

Scallions

Blue Curly (Vates) Kale

Potted Sweet Basil

Spring Green Garlic

Tatsoi

Microgreens

Radishes *large 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, Ogea

Forest Springs, Westboro

Uncommon Ground, Medford

Marilyn's Catering, Medford

eat well, live well

FARM DINNER

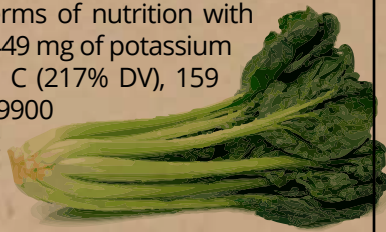
The Annual Farm-to-Table Dinner is coming up on Friday, July 13 at our farm. Appetizers served at 5:30, dinner starts at 6:30. Chef Jay Lucey will be leading our crew again this year and we are elated! The meal will feature a few new appetizers, our pasture-raised broiler chicken, and some new local brews as well. Farm members get first chance at a seat at the farm table, but we need to know by next week if you plan to attend. There is a waiting list for non-members who would like tickets so we need to hear from members by June 17. We ask for a \$35 donation from each attendee which includes dinner, two glasses of wine and na beverages.

TATSOI ASIAN GREEN SUPER FOOD

The exciting part of being in a CSA share program is getting vegetables you wouldn't normally try. Tatsoi came to us only after we started farming commercially and we often wonder why we haven't grown it before!

Tatsoi is a type of bok choy, but functions more like spinach. The dark green spoon shaped leaves have a spinach like texture and can be used in any recipe that calls for spinach. The hot weather caused our tatsoi to flower, but alas all is not lost. Only the largest stalks will be tough and should be de-stemmed. Many of you will find the stems are sweet and delicious. The flowers are even tasty!

Tatsoi is a powerhouse in terms of nutrition with 210 mg of calcium (21% DV), 449 mg of potassium (13% DV), 130 mg of vitamin C (217% DV), 159 mcg of folate (40% DV), and 9900 IU of vitamin A equivalent (198%) in a mere 3.5 oz serving. Popeye had it all wrong!

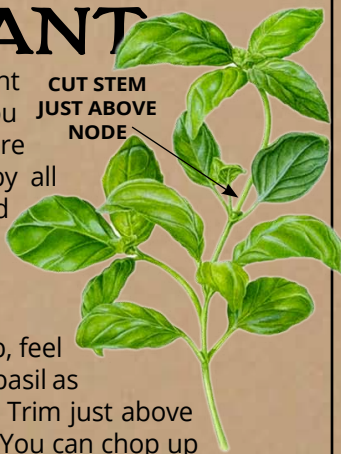


eat for nourishment

BASIL PLANT

This sweet basil is ready to plant OR ready to eat. We will let you choose. Realizing many of you are paying us to do the growing, by all means, chop the plants down and enjoy. It is perhaps our favorite herb! We are fairly certain you will get more later in the season.

Those of you with a green thumb, feel free to transplant and tend your basil as it meets your culinary demands. Trim just above a node to encourage branching. You can chop up the flower stems and use them too.



VATES KALE

This variety is more of a standard variety called vates, or blue curly kale. It is the type that is typically found our local grocery stores. The leaves will hold up better in recipes that involve heat, i.e. soups, roasted, sauté, etc. If you need some kale recipe ideas and did not get them last week, please grab the recipe cards from us with your share.

The kale is growing well despite some losses to root maggots. We have extended the offer to members who want more than they are getting in their share to simply ask for more if it will get used. When we have more of a crop than we can possibly use, members can have the extras.

The **RADISHES** in the large shares are coming from the field. Nearly our entire radish crop has a hefty infestation of root worms. We have tried to find only the best to share with you, but we encourage you to trim the root tip to double check for brown channels before consuming.



SCALLIONS

Also known as green onions, scallions are essentially young, tender onions in which the bulb has not formed. This season, the scallions are loving the heat and growing quickly nestled among the tomatoes in the high tunnel. Tops are not cut on our scallions as you find in the store. This is don't to allow them to fit into packaging containers and is simply a waste.

Scallions don't have as strong of flavor as regular onions so they can be enjoyed raw on salads, eggs, cottage cheese, etc. Utilize every part except the roots and store in a bag in the fridge.

MICROGREENS

There are many varieties of microgreens. This variety is High Mowing Organic Seed's mild mix which includes kale, mustard, beets and broccoli. Microgreens are grown in trays of dirt in our greenhouse. They take 10-14 days to get the harvestable age. A nutritious burst of flavor, use to spruce up your salads, pile a small handful on top of your freshly baked pizza to add a crisp topping, stir them in a sauté at the last minute or use as a garnish, layer a few microgreens instead of lettuce in a chicken sandwich, or add a handful to a smoothie. Get creative!

A quick note about your **BUTTERHEAD LETTUCE**: this picking is coming out of the field, so you will want to spend a bit more time washing the dirt and hitchhikers from the head. Cut at the base to separate the stem from the leaves. Then use a salad spinner or drip dry before eating and storing.

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
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