



The tomato tunnel with 39 varieties and nearly 400 plants.

CSA EATING EXPERIENCE

This past week you received what we consider to be more challenging items, chard and broccoli shoots. We don't know what happens after you get the veggies home but we make assumptions leaning toward the theory that you each are doing everything you can to figure out how to get your produce used up. There will be weeks when you have the best intentions to be a super-chef and maximize your CSA experience, and then life sets in and you find yourself eating raw broccoli with ranch dip.

It can feel like you're "failing" at your original goal to change the way you eat, but remember that eating more vegetables, even if it's just with dip, is already a win. Some veggies may rot in your fridge in a particularly hectic week, and that's okay. Believe it or not, this still happens to us too. It takes time to develop new habits, and learn to enjoy the spontaneity of a CSA share. Being flexible in your weekly menu is key. After all, you're giving up control over what veggies come to your kitchen each week.

We are not huge fans of chard, but tonight we tried a creamy bacon chard recipe and gave it one last whorl. Over a half pound of chard and our family of four ate nearly the entire pan full. So now we wave the white flag and stop fighting something we did not think we liked. Chard is our new side!

A good CSA will push you to try new foods and explore variety in your kitchen while eating with the seasons and being able to shake the hand that feeds you. Our ultimate goal is to change the way you eat. Slow down. Think about not only what you put into your body, but the social aspect of supporting local people. Gathering over a meal made of food grown by hard work and determination by someone you know is meaningful. It is not a secret that we rely on you for our livelihood. We are of course grateful that you have chosen to support our family, but perhaps more so that you eat what we produce. After all, there is hardly a more intimate choice than the food we choose to nourish ourselves and our family. Knowing your farmer makes eating a whole new experience.

eric + rebecca

IN THE SHARE

Cherry Tomatoes

Cucumber

Broccoli

Radish

Kohlrabi

Spinach

Butterhead or Red Tinged Lettuce

Mixed Kale

Cilantro

Radish Microgreens *large*

Beets *large shares*

CAN'T PICKUP?

If you can not pick-up your share, you must send someone else in your place. Your friends will be delighted if you share some your goodies with them! If your share is not picked up, you will not be refunded the value, nor can we double-up your share a different week. We plant, pick, wash and pack with your share in mind every Monday and Friday. Switching to a different pick-up day? Give us at least 24 hours notice please. Tuesdays shares can be picked up the following Saturday.

FARM DINNER

There are only 8 seats left at the farm-to-table dinner on Friday, July 13. If you would like a seat, please let us know asap. Details can be found on Facebook or our website at wegrowfoods.com

FARM-TO-FORK

This week, find our food at:

Hill of Beans, Osgema

Forest Springs, Westboro

Uncommon Ground, Medford

The Filling Station, Medford

KOHLRABI

Kohlrabi is one of those vegetables that you don't really need to do much with to enjoy it. The enlarged stem and leaves are both edible. Raw straight from the garden is our favorite way to consume kohlrabi. Just pull out a pocket knife and start peeling! It's great 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 want to get more creative, combining with other vegetables in your roasting pan is when kohlrabi really shines! It also makes an interesting slaw when shredded or sliced thinly and tossed with a dressing or vinaigrette. You can also lightly sauté it or stir-fry it with a little butter or a simple sauce, and don't forget to add the greens too. They can be used like collards or broccoli leaves.

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.



CHERRY TOMATOES

These are tasty. What more can we say? The yellow variety is sun-gold and the orange/red variety is a cross of sungold x chocolate called sun-chocola. We decided we had room to tend one tray of tomatoes way back in February in hopes of super early fruits and alas, it has worked out well. As they sat in the living room window over the winter, only one plant succumb to a nerf gun in mid-March.

RADISHES

Radishes have withstood the test of time with records of being revealed by the romans when combined with vinegar and honey. Being diuretic in nature, radishes are a wholistic treatment for urinary system ailments and are also good for your kidneys. They also increase oxygen in the blood.

Of course, they are easy to eat raw, but they also make a great addition to dips that call for waterchestnut or a bit of raw onion. They can also serve as the peppery punch in salsa.

Store in the fridge without the leaves. The green will draw the moisture from the root causing them to become rubbery.



BEETS • BEETS

There are both golden crex beets and early red beets in your bunches. We have found the golden beets to have a bit less "beet-y" flavor than the dark red. That dirt flavor is caused by oxalic acid and is what makes beets so healthy for us.

We never ate much for beets until Eric started roasting them with a mix of other veggies. He cuts the top and the root and then halves or quarters to get them all uniform in size and add them to our roasted veggies piled up with fresh herbs. Surprising they taste fantastic and you do not have to peel them. Generally speaking, most of the nutrition is in the skin. This is true for almost all vegetables.

BROCCOLI

While we do have a larger percentage of broccoli heads going out in shares this week, if you are looking for recipes with the shoots, try searching "broccolini" or "sprouting broccoli" online. It is common at other markets. If you still have leftovers, plan to put this item in your freezer for the off-season. Simply chop to desired size, blanch in boiling water 4 minutes for stems, then 2-3 minutes for florets. Cool quickly in an ice water bath, pack into freezer safe packaging, label and freeze.

Because of our Organic Seed Alliance broccoli seed trial, we had a lot of early season broccoli. More than normal. With green beans, peas, zucchini and potatoes coming on fast, the broccoli might show up one more time and then it will be making an exit from the shares until the fall when things start to cool down and sweeten.

PURPLE SANGO RADISH MICROGREENS

Thanks for the great feedback on micro-greens. We are glad to hear you have enjoyed the little splash of flavor that these tiny greens provide. This week, we are featuring purple sango radish which is a little bit spicy, very much like the radish root this plant would grow up to be. These are of course, great added to greens or a sandwich but they really shine atop potato or chicken salad.



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)

