



Dining in the high tunnel where spinach, radishes, peas and broccoli grew this spring.

A SOCIAL FARM

Last week, we told you about selling our farm by creating connections. The past few days we have been busy doing just that. There were 108 people on the farm for dinner on Friday night and it was a fantastic evening! Our guests got to taste and savor the flavor of each bite of food just feet from where it was grown. Fresh, never frozen or processed and it was a treat. For us, one of the best parts is seeing people all seated together at the long tables. Talking with friends and strangers alike. Listening to the strumming of the guitar. Patiently waiting for each course to be served and wine glass to be poured while honeybees visit the floral centerpieces. Slowing down enough to enjoy the meal for more than just the food. Making connections with fellow fresh food enthusiasts.

Looking ahead, we have one more week of preparing for guests on the farm. Thursday's Wisconsin Farmers Union event will be a different type of connecting with both beginning and experienced farmers gathering on our farm. Agriculture as an industry is struggling. We are at a point in time when farmers are receiving an all time low percentage of the food dollar when you consider inflation. One conversation or cooperative effort with another farmer can be the difference in profit or loss for an entire season. We take to heart others' stories of success and failure as there is a learning opportunity in these conversations. Simply gathering together with our farming neighbors is another long lost tradition making a resurgence, much like eating fresh from the farm.

Thursday morning, Mr. Quan Ban will bring his students to the farm. He keeps an incredible garden at Prentice School complete with a nursery of native plants for prairie restoration, honey bee hives, grape arbors, and apple orchard. He is working to inspire a green thumb in his students and give them the knowledge needed to grow their own food. He also teaches them that people can make a living in agriculture in rural areas hoping to retain young people in small towns like Prentice. Bringing people together to spark conversations about growing and eating local food will be even more important for these young people interested in farming as our local food movement continues to take shape. Getting people to connect to the land where food comes and the farmer who grows it comes one small victory or farm visit at a time.

As always,

eric + rebecca

IN THE SHARE

Green & Yellow Beans

Garlic Bulbs

Zucchini

Snow Peas

Cucumbers

Cherry Tomatoes

Lacinato Kale

Parsley

Baby Red Potatoes *large*

Kohlrabi *large shares*

EXTRA CHICKEN

There are 20 chickens available for purchase that were processed at a USDA facility for our farm dinner that we did not cook. They are cut in halves and individually vacuum sealed and frozen. Unfortunately, because we froze them ourselves we cannot advertise and sell them at market. We can however sell them to you by request. We have another 150 birds coming up in three weeks for those who have already reserved whole birds. Just ask if you would like a fresh chicken next week.

FARM WALK

One last reminder about the Diversified Vegetable Farm Walk happening at We Grow on Thursday, July 19, 5:30 to 8:00 pm. The walk will include a tour of the operation and discussion lead by guest speaker Rick Knopp who will focus on soil testing and recommendations of how to organically rejuvenate worn out soil. Bring your soil questions!

"It is better to know some of the questions than all of the answers."

- James Thurber

BEANS GREEN, RED + YELLOW WAX

Let the bean picking begin! It can be a daunting task. The labor involved drives the cost beyond what people are usually willing to pay. However, you-pick is only \$1 per pound. Let us know if you would like to come and bring a friend. Plan with us several days in advance please.

We are growing four varieties this season. The two green types are jade, a long gourmet bean or EZ pick, a new organic variety were are trialing from Johnny's Seeds. The pinkish variety is called red swan, but there are only a handful of these going out. And the yellow is called golden wax bean. We think the wax beans are more tender than the run of the mill green varieties.

There isn't much better than the first meal of beans fresh from the garden. Lightly steamed and served with butter. When they are this fresh they are a little squeaky. Not kidding. Fresh beans will last a week in a plastic bag in your crisper but the flavors degrade quickly.

BABY RED POTATOES

For lack of rain, our spuds are definitely smaller than last season. We had hoped to give them to all of our members this week but after we started harvested, we decided that they just aren't large enough yet. We need rain.

Potatoes are something we never dreamed we would have a hard time growing based on our previous years in the home garden. But we have struggled with wireworms in the past destroying an entire season's worth. So getting some potatoes out to you is a huge accomplishment for us. Enjoy these melt-in-your-mouth first potatoes of the season and for smalls, hang in there. Potatoes will be coming to you very soon.

This week's spuds are called dark red norlands. The organic seed stock came from Vermont Valley Community Farm in southeast Wisconsin. Norlands are a delicious red-skinned potato with firm white flesh. Good for boiling, frying and baking.

PARSLEY

Generally considered a garnish, parsley does not get enough credit. Parsley benefits the body in many ways and has been considered a natural detox remedy, diuretic, antiseptic and anti-inflammatory agent. It will last well over a week in a plastic bag in your fridge or several months dried and stored in a jar. We intended to pair it with your baby red potatoes, but it should last another week until we harvest potatoes for everyone.

ZUCCHINI

The zucchini is coming in much quicker than we planned. Luckily we are able to sell some wholesale. If you want any for freezing, please don't hesitate to ask. Members can have several extra pounds each week if desired. This season, we have more dark green and green striped varieties to offer after last season's positive reviews of the flavor in the romansesco (striped) types.

Zucchini is known for taking on the flavors of your dish whether that be ginger stir fry, fresh tomato sauce, or vinegar marinade. It's also easy to batter and fry, saute, roast, grill with salt and pepper, and use as a replacement for pasta with a "zoodler." Easily put slices or shreds away for the winter by blanching for 30 seconds and freezing.



LACINATO KALE

The kale in this week's share is not true lacinato kale (aka tuscanero or dinosaur kale). It is a variation called **rainbow lacinato**. You will find purple and green stems with a flatter, less frilly leaf than most other kales. It is generally darker in color as well. This is one of the types of kale commonly chosen for zuppa tuscano soup, an italian sausage, potato and kale soup made mainstream by olive garden.

We try to include this nutrient packed green in dishes here and there if not 50/50 in our salads. Makes a suitable substitute for lettuce on sandwiches and wraps too. If you haven't tried it yet, the kale craisin salad recipe available on our website is delicious with fresh lemon zest.

GARLIC Fresh garlic bulbs! No kitchen should be without fresh garlic this time of year. We will have fresh bulbs for you through August.

Garlic is not finicky when it comes to storage, but it should NOT be kept in the fridge. The flavor of garlic become more concentrated as it dries. Store garlic at room temp, optimal is 60°F, and allow it to have good air circulation.



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!

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

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

