



The highlight of our summer, our first piglets arrived last week!

WASTED FOOD EPIDEMIC

As Americans, we hold the title of "greatest food wasting nation in the world." This isn't the most appealing honor, but perhaps it is debatable. Or maybe some of us waste far less than the average one pound per day while others must be picking up our slack and wasting much more. It really depends on what you mean by waste. Simply having been grown and not consumed by humans, then yes, we waste a lot. Or harvesting and never making it to the table, or perhaps being used to supplement an animal's feed or compost pile... there is room for interpretation.

By now you have noticed that not all of your veggies are picture perfect. Far from it actually. While we are getting a little better at what we do with each season, we still have cucumbers just a bit bigger than planned, dill with a few dead leaves, potatoes with bits of skin removed, lettuce with brown tips, and the list goes on. We apologize and thank you at the same time. We rely on our CSA members to lower their standards. We hope that you will take an extra second to trim instead of throw the entire piece out. On our farm, if we threw every damaged piece of produce away there wouldn't be much left! This is the way it is on all produce farms, don't be fooled.

This past Tuesday at market, we had some oddly shaped, heirloom tomatoes on the sale table. A young girl pointed to the fruit with a disgusted look on her face and insisted her mother look at the ugly tomato. Her mom replied something along the lines of the ugly tomatoes taste better. They went back and forth a bit, but the mother could not convince her young daughter that she too could learn to appreciate flavor over appearance of the ugly tomato if she just tried it. I praised the mother for her efforts and we conceded that hopefully one day the girl would grow a garden of her own and come to understand.

This week's produce is no different. You might find some insect damage on the cabbage or a crack in your tomato. Please continue to help us waste less by taking time to make ugly food into beautiful, nourishing meals.

Enjoying the beauty of the garden,

eric + rebecca

IN THE CRATE

Green Cabbage

Red + Golden Beets

Red Potatoes

Slicing Tomatoes

Cucumbers

Zucchini/Summer Squash

Sweet Basil or Parsley

Kohlrabi

Garlic Bulb

Green Beans

Carrots *large shares*

Cherry Tomatoes *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.**

FARM BABIES

It is a fun time to come out to the farm to see the little pigs, our young calves and soon to be arriving new batch of chicks. While we aren't officially a petting zoo at times it feels like we are. If you looking for a reason to visit, bring the kids to see the babies! Please call or message ahead. Thanks!

"The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less."

Socrates

RED AND GOLDEN BEETS

Walk into a vitamin/supplement store and you will find a whole section dedicated to the beet. The health benefits of beets have been well studied and the list is incredibly lengthy. The flavor of beets is unlike any other vegetables and this tell us there are unique antioxidants involved which also explains why beets are the vegetable we find about a quarter of you really don't like! We get that.

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 cause 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. The boys are most likely to eat them pickled or boiled. In both cases they are peeled after boiling and much of the flavor is lost in the water which can help convert a beet skeptic.

beet the system

GREEN CABBAGE

Cabbages are in the broad group of garden plants known as brassicas or cole crops. All of our brassicas experienced widespread root maggot damage back in May, but for the most part the cabbages survived. You might see brown channels near the stem that can be trimmed during prep.

Cabbages are well known for raw salads or coleslaw. Creamy versus vinegar and oil, we will let you decide. In our house, cabbage is more often used cooked. The simplest way is simply fried with butter, salt and pepper in the cast iron skillet. Boiled dinner with various root veggies is also fantastic. Last summer, we learned about grilled cabbage and found our family eating entire heads in one sitting. Golabkis or pigs-in-a-blanket was a commonplace in our polish household growing up, an easier skillet version has been a suitable alternative.

Cabbage is loaded with fiber which, along with its anti-inflammatory properties, aids in digestion. It also contains unique glucosinolates that fight cancer cells. As is the case with most leafy greens we grow, cabbage antioxidants counteract free radicals that stiffens joints, age skin and cause a host of chronic diseases. Eat more veggies!

RAINBOW CARROTS

We are having a very difficult time growing carrots this season due to the lack of rain, the heat making germination a challenge and weed pressure. We ended up turning down our first planting and considering it a total loss. The weeds in the second planting are extreme, so we are not sure how many we will have from this. The third planting is following close behind the second with weeds and the fourth round was just planted inside the high tunnel last week with a little prayer hoping that we can still pull some decent carrots out 2018. What an all consuming crop it has been for us this year. Ironic that carrot washing is the reason we purchased the brush washer this spring and now we are using it for everything but carrots.

The carrots the large shares are receiving still have their tops. The tops are great to use as flavoring in many dishes. We use tops in our vegetable and chicken broth. They also add great flavor to a roast when placed in the bottom of the pan before cooking. You might also look up a recipe for carrot top pesto and give that whorl. Especially if you have some basil.

Fresh carrots do not need to be peeled only washed.



TO REFRIGERATE OR NOT?

For the most part, the produce you are receiving from our farm this time of the year should be kept cold and humid. There are several exceptions.

DO NOT REFRIGERATE:

- Tomatoes
- Garlic (cured or dried)
- Potatoes
- Onions (cured or dried)

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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