



## WELCOME TO THE FARM

It's finally here! Your first farm share. We are definitely off to a slow start as far as what we have growing so far. With any luck, the field will dry out, the soil temp will come up and everything will be on track very soon. As a member, you will discover our every day on the farm revolves around the weather. The next few days look perfect for planting some warm weather things and bringing life to those crops we already have in the ground.

Returning members, expect a few new things season. For the first time in years we have a nice stand of melons planted. We are growing four different kinds, so with any luck we'll have enough for you to try every flavor. We are also doing several UW Madison Seed to Kitchen trials which will mean some interesting types of potatoes and winter squash coming your way throughout the season. Your feedback on these items will be appreciated as these are being trialed for flavor. There are a few other projects taking shape at We Grow this year, including moving to a whole new field and new fertility strategies. Please consider making a trip out to our property to see how your food is being grown and what we have going on!

Our new greenhouse was completed in April and it has opened the door to possibilities! In the past, we had room for about 50 trays of transplants. What didn't fit had to be shuttled back and forth from the garage to the high tunnel every day for light or heat. Now we have room for almost 250! We have more than tripled the number of plants we have been putting in the ground and have the space to try new things. We are already on our fourth succession planting of lettuce. When you consider that we are planting over 800 heads at a time, it is a huge accomplishment. No one should run out of lettuce for at least two months!

Our new field has a bit more space. In the photo above is our onion beds. With some amazing help, we have planted 9 of 10 beds for a total of 14,760 onions so far. And more carrots! We heard our membership wants more carrots, so we have enough planted for everyone. Just keep on bringing us warm weather and occasional rain and everything will go as planned.

Feeling grateful to be growing for you,

*eric + rebecca*

## IN THE BAG

**Napa Cabbage**

**Oakleaf Lettuce**

**Salad Pea Microgreens**

**Frill Salad Kale**

**Red Radishes**

**Chives**

**Arugula**

## FARM DINNER

Our annual farm-to-table dinner will take place on Friday, July 12. Members get the first chance to reserve seats but they go fast so let us know asap. We ask for a \$35 donation per plate. This year, we will have chef Jay Lucey prepping the menu. We will be featuring a whole hog. There will be some changes made to how we serve the courses this year, but as usual, plan for four courses and wine pairings with your meal.

## THE COLLECTIVE

As you are figuring out how to use your veggies, please don't forget our resources. We will have recipes available at market, in the weekly farm email, and on our website. Also, you can join the We Grow Collective on Facebook where members post their ideas and photos of what they are doing with their veggies. And as usual, we offer a discount on the A-Z CSA member cookbook only \$15. Just ask for your copy and we can deliver it with your share  at any time.

## BAG RETURN

Please bring your share bag/box or a bag of your own to the pick-up location. We will exchange these every week. Thank you!

## NAPA CABBAGE

Napa cabbage isn't your ordinary cabbage. Packed with antioxidants, folate, vitamin C and much more, napa has been touted as a super food.



This crispy and crunchy Asian vegetable is longer and lighter than regular cabbage. It works well in crunchy coleslaw, asian stir fries, salads and soups. It is also popular in the fermented asian spicy kraut/slaw called kimchi. Our favorite way to use napa is in Asian Cabbage Salad. You can find the recipe in our farm email or on our website.

We're not going to sugarcoat it. You are going to find dirt and insects inside your napa. Cut it off the stem, separate the leaves and rinse it well before using. There will be a few holes in the leaves. If you can't handle chewing on the same leaf as an insect, you might want to reconsider your enrollment in an organic CSA. We can't use the chemicals that keep these insects at bay, only physical barriers. Napas are an all-time favorite spring treat to insects, so thanks for bearing with us.

## SALAD PEAS

This tender, nutritious treat is something we absolutely love for its flavor. They taste much like a fresh snow pea with a nice sweetness. These are a quick turnaround crop that is grown in soil trays in our greenhouse.

Enjoy salad peas in salads, stir fries, sandwiches and atop a main course as a lovely garnish. They're a great source of beta carotene, vitamin C, folate, and fiber.

## FRILL KALE

Let's start by stating that this is our absolute favorite kale for its soft, tender texture. It has become known as salad kale to our market customers.

The two varieties of kale included in this week's share are Siber-Frill (green stem) and Russian Frills (purple stem). Both originate in Russian versus northern Europe like other kale. Russian kales have lighter, ruffly leaves that are more tender than European types. They also grow much faster in cold weather.

Do everything in your power to use your kale this week, because you might get more next week. Don't forget to trim out the center stem for salads. Make roasted kale chips, kale-craisin salad, zuppa toscana (creamy soup), juice it, or chop it up and eat it raw. Do whatever it takes to make it disappear!

## OAKLEAF LETTUCE

Lettuce is a staple in the spring because it thrives in cool temps. At We Grow, we filled the walking aisles of our tomato tunnel with lettuce to give it a safe place to grow until the field is prepped.

This bronze oakleaf has a smooth, crisp texture and sweet flavor. Lettuce from our farm has been field rinsed, but not thoroughly washed. When ready to eat, you should remove the leaves from the stem and rinse. Use a salad spinner or shake until no longer dripping wet. We find lettuce stores best in the salad spinner (which is basically a colander in a bowl) in the fridge, but it can also be kept in your crisper drawer in the bag provided. Just keep it from standing in water and don't chop it up until the day you're ready to use it. We Grow lettuce that is left on the stem and properly stored will last two weeks or more.

## ARUGULA PEPPERY GREENS

Arugula is a very peppery, nutty green best taken in small quantities or mixed with other greens if eating fresh. If you try it raw and dislike it, don't give up.

Arugula tastes completely different with dressing on it. While we love it on salads and sandwiches, it can also be used braised or massaged with your favorite oil to take away some of the radish-like spice and bring the flavor to life. Pairs well with mild, white cheese like goat cheese or feta along with toasted walnuts. Store in fridge in a bag or salad spinner. Wash before eating.



## CHIVES

Chives are a perennial which means they come back every spring without being replanted. They are closely related to garlic, leeks and scallions which means they are a heart healthy allium. Heat destroys their delicate flavor, so add chives to dishes at the last minute. To maximize their taste, thinly slice, chop or snip with kitchen shears before using. With a milder flavor than onions, they're perfect for soups, dips, mashed or baked potatoes, fish, seafood dishes and omelets. They can also be chopped and dried for the off-season.

### 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.

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