



## THE HALFWAY MARK

Welcome to the halfway point of the CSA season! The weather is starting to feel fall-like with some cool nights. Cool season crops are being planted as time allows. Two weeks ago it was brassicas and radishes, this week it was boc choy and lettuce. We still need to plant arugula, mustard, salad turnips, and spinach. There is still a lot of time left to fill your weekly shares. We need to keep planting to keep up with the wonderful variety we are getting into this month. Growth starts to slow as we approach September.

This week we harvested all of the remaining garlic and it is the nicest garlic year yet in regards to bulb size and quality despite being two weeks later than usual. This is being attributed to increased soil fertility. Oftentimes we get too busy this time of year and put off the garlic harvest too long. When this happens the bulb wrappers decay in the soil and we can't sell it. This is not the case this season thanks to the amazing help we've been getting and also employing our boys to do their part on the farm. The very best garlic will be saved for planting next year's crop and the rest will be shared with you in the coming weeks and sold at market. At this point, your garlic can be dried and stored for the winter in a cool, not cold place. It can also be separated into cloves and planted in October for harvest next summer.

The broiler chickens are no longer following us around the farm. They were slaughtered and processed for our customers this week and the final product looks and tastes fantastic. We are excited to share these birds with our customers. Having them gone will lessen the daily workload and stress. While free-range chicken is healthier than the alternative, chickens seem to have a death wish and raising them can be unnerving. It can be difficult to keep them out of trouble and even then, the list of predators that go bump in the night is rather frightening. Large numbers can disappear with no warning signs. Fortunately, nearly all of our birds made it to the end without incident.

There was an incident however when we were hauling the birds to the processing facility. Our new farm kitten, Rodger hitched a ride under the truck and ended up in Dorchester. He was scared but survived the ordeal!

Growing for you,

*eric + rebecca*

## IN THE BAG

Sweet Corn  
 Mixed Beans  
 Rainbow Carrots  
 Cucumbers  
 Walla Walla Sweet Onion  
 Garlic Bulb  
 Swiss Chard  
 Celery  
 Mixed Tomatoes  
 Bell + Carmen Pepper  
 Basil  
 Melon (*larges*)

## PROCESSING TOMATOES

It is time to get your name on our calendar for sauce, juice and paste tomato orders. This week we harvested our first sauce tomatoes. They will start ripening fast! The price is only \$1 per lb for orders of 25 lbs or more. Come help us harvest and pay even less!

**"In the garden, cause and effect, labor and reward, are re-coupled. Gardening makes sense in a senseless world. By extension, then, the more gardens in the world, the more justice, the more sense is created."** *-Andrew Well*

## CHICKENS

There are 20 broiler chickens available for purchase that were processed this week. They are whole birds vacuum sealed and frozen. There is a limited number of small halves available as well. Please call, message or email if you are interested in trying them.

## SWEET CORN

After the cold spring, we are thrilled to have a sweet corn crop to give you albeit only enough for shares. When it didn't look like the weather was going to cooperate for germination, we promptly seeded dozens of flats and started our corn in our greenhouse then transplanted it into the field three weeks later. We only had so much inside room to complete this task, so we knew it was going to be a small harvest if it did work. Thanks to lots of extra fertility, the crop looks great and it is earlier than ever. All the extra effort is paying off.

We tried our best to pick the perfect ears, but sometimes they are a bit over-ripe and sometimes a bit under ripe. **Please enjoy your sweet corn as quickly as possible before the sugar converts to starch** which starts to happen immediately after picking.

We always feel the need to explain a few things about organic sweet corn to lower your expectations. First, supersweet hybrids marketed as "candy corn" are not an option for organic growers. These are hybrids for which we can not get certified organic seed. Second, organic corn can not have fungicide applied that keeps the seed from rotting in a wet spring. And there is a possibility of a corn worm when you open the husks as we do not treat with pesticides nor is our corn genetically modified to kill the worm when it eats the kernel. Lastly, we failed to plant a large block so the ears may not be pollinated properly which leads to uneven rows of kernels.

The easiest way to cook sweet corn is to bring water to a boil in a large pot. Add cobs of corn, with the husks and silk removed, then turn off the water. Allow to cook in the hot water for 10 minutes until tender. Remove from water and allow to drip before adding toppings. Cut the corn from the cobs and use it in creamed corn, black bean salsa, fritters and more.

## BELL PEPPERS

The peppers we grow vary greatly in size, color and shape. Peppers are similar to tomatoes in that the number of different cultivars is in the thousands. This year, our bell variety is a winner. After a conference with other organic vegetable growers in Madison this winter there was one standout that a majority have had success with and it has proven itself on our farm as well.

Over the next several weeks, you will see purple, yellow wax, nearly black, green and white striped and bull-horn green peppers. All of them are to be used like a mild green pepper. All sweet peppers will turn "ripe" after about 20 extra days on the plant. A ripe pepper will turn red, yellow or orange after its original color. At that point, it is considered sweet. Store your peppers in the crisper drawer in the fridge.

## SUN JEWEL MELONS

This is the first ever crop of sun jewel from We Grow and we are thrilled at this small achievement.



Sun Jewel is a Korean bred melon producing long, oblong, yellow skinned fruits which have a sweet, crisp, white flesh. Lemon yellow with shallow white sutures, the Sun Jewels look a bit like delicata squash. This is not surprising, as melons are closely related to squash.

In taste, the Sun Jewel falls into its own category, tasting neither like neither cantaloupe nor musk, but has its own sweet and subtle flavor and great crunch. The Sun Jewel's delicate flavor brings up many definitions. They are described as an Asian melon, because while they get sweeter with time they stay crisp like an Asian pear (vs. a regular pear).

As Sun Jewels age, **the rind will split on the outside**. The ideal time to eat them is when there are numerous small splits down the rind as they are bursting with sugar at this point. That being said you needn't wait, they are delicious now as well.

This melon is rich in Vitamin C & A, so enjoy this healthy, flavorful treat at breakfast or as an afternoon snack. Cut it into a fruit salad or try a tropical melon soup by pureeing one with coconut milk. America's Test Kitchen tasters pegged the flavor as a "perfect addition to a green salad."

## SWEET ONION

The Walla Walla sweet onion is named for Walla Walla county in Washington where it originates. Its development began around 1900 when Peter Pieri, a French soldier who settled in the area, brought a sweet onion seed from the island of Corsica.

Walla Walla is famous for its large size and sweetness and firm-textured. The flavor is very mild. This variety is harvested early just as the tops start to tip over and growth ceases. A short keeper, it is best used soon after harvest for fresh eating, cooking or freezing.

### HAVE A VEGGIE QUESTION?

Odds are if you've got a question, someone else probably has to same one. Don't hesitate to ask for help identifying new veggies.

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