



## WORKING ON ETHICS

Did you happen to be in Rib Lake last Sunday for the Ice Age Days parade? Did you notice a bright red 1951 Farmall Super C driving by when suddenly a youngster handed you a cucumber? That was We Grow and the families that have been working on our farm this season. Altogether with our two part-time employees, we have 7 kids under the age of thirteen. And there have been many occasions when all of us are together on the farm. Oftentimes, the kids' curiosity gets the best of them and they end up working with us. Olivia and Roxy have weighed out portions, Porter and Emma have planted winter squash seeds and Waylon has found countless cucumbers and tomatoes.

Gus and Dene, our two boys are required to work, but we give them a modest wage which they must cash in and use if they want something beyond their basic needs. Over the course of this summer, both boys have earned enough to each purchase a chromebook laptop. It has been an interesting experience watching one son keep his pockets tight and save for later while the other is a loose-pocket spender, constantly trying to bum a buck then pay you back after pay day.

In our Alaska years, midwesterners were known far and wide for their hard-working work ethic. Employers looking for hardworking laborers would put their money on a young Wisconsinite no questions asked! Much to our chagrin, we see this work ethic lacking in the next generation of the work force.

How do we change this? Where do we find young people who are willing to get dirty, break a sweat and feel the wear of a hard day's work on their muscles? How do we teach youth to understand the satisfaction of hard work? Ironically, neither of us were raised on a farm, but from a young age we were both employed on a farm. We learned how to use a shovel and get covered in stink at a young age. But we loved it because we were working hard with others who made it fun. And we made a little money. The work the kids do on the farm isn't always fun or exciting, but it is much more than a job.

Growing for you,

*eric + rebecca*

## IN THE BAG

Beets  
Rainbow Carrots  
White Onion  
Red Potatoes  
Garlic Bulb  
Fennel  
Zucchini  
Mixed Beans  
Tomatoes  
Cucumbers  
Sage  
Kohlrabi (*larges*)  
Sweet Corn (*larges*)

## OH HONEY

Some of you have been asking about purchasing We Grow honey again this season. We plan to extract this Sunday. With all new hives after a harsh winter with total loss, we are not expecting a large amount of honey for sale. If you would like honey please let us know right away. We charge \$15/quart. One quart limit please. First come, first serve limited supply.

## WINTER SHARES

The light at the end of the season is starting to shine. Your last weekly shares will be on Sat, Oct 19 and Tues, Oct 22. We are starting to assess the goods that go in the pre-purchased winter shares. Garlic and onions are cured. Winter squash is soon to be harvested. Those of you who prepaid for winter shares, we will make delivery arrangements in late October.

**"I want to be a farmer, but I only want to do the fun parts."**

- Dene comparing bean harvesting last Friday to handing out free veggies at the parade

## BEETS • BEETS

There are both golden crex beets, chiogga pink-striped and red beets in your bunches. We have found the golden beets to have much less "beet-y" flavor than the dark red. The same is true for the pink as well but to a lesser degree. That dirt flavor is caused by geosmin, an acid that beets create in response to our soil bacteria, and this 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 when young and tender, you do not have to peel them. Generally speaking, most of the nutrition is in the skin. This is true for almost all vegetables.

**SAGE** Called for in many meat, sausage and stuffing recipes, sage also has a long list of historic medicinal uses ranging from fertility and hotflashes to bleeding.

If you can't use your sage this week, hang it to dry for use later in the season. Dried herbs will last several months stored in an airtight container.

A quick search online will give you a place to start figuring out how best to use your sage. We found several worth trying: Celery and sage stuffing, Tuscan vegetable soup, sage roasted vegetables, fresh lemon and sage pasta, sage and white bean hummus, sage and lemon roasted chicken, sage butter, and the list goes on.

*eat more veggies*

## KOHLRABI

The large shares are receiving a different type of kohlrabi this week. It is a purple type called Blauer Speck. This old German heirloom produces violet-blue frosted globes. The name translates to "Blue Bacon Kohlrabi," thanks to the hypnotic blue color and ultra fine-grained, buttery-flavored stems. Originally introduced in 1914, the large kohlrabi has an incredible storage life, which was of paramount importance before the advent of modern refrigeration.



## FENNEL

This is the second time you are receiving fennel this season. As you know, the flavor is a distinct black licorice flavor crossed with a fruity celery. The actual vegetable consists of a swollen stem (like a kohlrabi) and edible stems (like celery) and frond leaves, which can be eaten as well. Most recipes focus on the bulbous stem.

Fennel is a great digestive aid and known for calming an upset stomach. Hence the popularity of fennel tea after a filling meal.

Our favorite way to serve fennel is grilled or roasted with just a bit of toasted sesame oil, honey and salt. If grilling, just halve your fennel the tall way, if roasting quarter it to remove the core and stem then course chop.



## SUN JEWEL MELONS

Just a reminder on these melons as we share them with some of the shareholders who did not receive them last week.

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.

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.



### 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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