



FOOD CULTURE

It doesn't matter where in the world you're from, you have to eat. Conceivably it is the most significant commonality that humanity shares. Whatever shape, form, or flavor food may take around the world, people eat. More than that, across the world people, enjoy eating. From paupers to presidents, we all break the proverbial bread in times of joy or times of grieving, on occasions both large or small, we bond and celebrate through food.

All across the country there are festivals celebrating very specific types of foods. Yuma Lettuce Days, Atkins Picklefest, Kansas City Spinach Festival, Pittston Tomato Festival, New Orleans Po-Boy Festival to name a few. We were recently invited to Grill Fest at the Medford City Park to sample and rate the foods in the friendly competition. The festival attendees also got to take part in the food sampling. The cuisine range from typical American grill fair of burgers and pork loin, to Mexican and Italian. Once again, food is a gathering point, a common ground, a celebration for our culture.

Reflecting our diverse ancestry, people of northern Wisconsin have thrown together a melting pot of food cultures. A small church might be serving Polish pierogies just down the road from a Thai food truck. The county fair will host a Greek gyro vendor next to Wisconsin's famous deep-fried cheese curds. It is this wide range of food cultures that makes eating interesting. We continually seek and share new recipes that break the boredom in the kitchen. Trying new ingredients is the challenge we meet.

This week, some of you are getting something you've never eaten before, tomatillos. As bold foodies, you might feel compelled to expand your cooking repertoire and rouse your palate. With latin roots, it is easy to make something flavor-filled and worth sharing.

We have said it before, but it bears repeating: There is no more intimate decision than the food you choose to eat day in and day out. Nourishment is the basis of our very existence. We thank you for allowing We Grow to be part of your food culture.

Growing for you,

eric + rebecca

IN THE BAG

Tomatillos
Cilantro
Jalapeno Peppers
Green Peppers
Onions
Garlic Bulb
Cherry Tomatoes
Cucumbers
Zucchini
Savoy Cabbage
Lettuce
Melon (*larges*)
Mixed Beans (*larges*)

GARLIC STORAGE

If you have garlic stacking up from past weeks, don't worry. Just store your extra bulbs in a dark pantry and it should last for several months. Perfect storage temp is 50-60°F. Any dry, dark spot will suffice, but keep garlic in its own paper husks in an open container such as a basket, paper bag or a garlic crock to allow continual air circulation. Do not seal up in a plastic bag. You can use even if green sprouts start popping from the top.

**TELL ME WHAT YOU
EAT, AND I'LL TELL YOU
WHO YOU ARE.**

- Jean Anthelme Brillat-Savarin (1825)

SEASON CHANGE

Summer is winding down. As tired as you are of cukes and zucchini, we ask you to enjoy these last few harvests of the summer crops. The first frost averages mid-Sept in our zone. After that occurs, the shares will look a lot different. You will get more cold weather and storage items.

TOMATILLOS PEPPERS

Related to the tomato and a member of the nightshade family, tomatillos provide the tart flavor in a number of Mexican and Latin sauces. They take center stage in salsa verde - green salsa and taste even better after roasted or grilled with a slight char. If you aren't a salsa person, we encourage you to utilize your tomatillos as a meat tenderizer, especially delicious with chicken and pork. They make a very tasty, low sodium green chili that works well with any type of meat and beans. One of our favorites!

You can keep tomatillos at room temp for a week and a month or more in the refrigerator in a paper bag. Last season, we unintentionally kept some at room temperature until January. Apparently they are in the perfect little storage packages. Leave the husks on until just before preparation. Then remove the husks and wash the green fruits. They are very waxy, this is normal. There are lots of things you can do with tomatillos if you want to get a little creative.

TOMATILLO SALSA VERDE

- 1 pound tomatillos, husked - roasted or raw
- 1 chile pepper (your choice - spicy or mild)
- 2 tablespoons chopped cilantro
- 1/2 teaspoon ground cumin
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- juice of 1/2 lime

Directions

Raw version: Roughly chop the tomatillos. In a blender or food processor, combine the tomatillos, chiles, cumin and cilantro. Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water and remove excess moisture. Lastly, stir in onion, garlic and lime juice and season with salt to taste, usually a 1/2 teaspoon.

Roasted version: Prior to blending, roast, grill or smoke the tomatillos and peppers. Preheat a broiler. Roast the tomatillos and chiles on a baking sheet 4 inches below a very hot broiler until blackened in spots, about 5 minutes. Flip them over and roast the other side, 4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles. Follow with "raw" directions above.

ADDITIONAL INFO:

This authentic Mexican salsa verde has a fabulous flavor. Use it on chicken enchiladas or as a condiment for any dish that needs a little extra zip! Great over a lightly blackened fish.

Suggestion for prep: if the tomatillo husks are sticking to the fruit and too difficult to remove, try soaking them in warm water for five minutes (while the fruit is whole). They come right off.



BELL PEPPERS: Shares includes both green and purple bell peppers again this season. We also have a small amount of yellow wax peppers. The variety purple beauty has done well for us in the past and it can be used just as a green bell. No matter what color you receive, all are mild and can be used as a green bell.



BULLHORN PEPPERS: Our bullhorn shaped peppers are a "corno di toro" or bull horn variety called carmen. They will turn red and sweet if left on the plant long enough like any pepper. Carmens are mild and can be used like a green bell in your recipes.



JALAPENO PEPPERS: Jalapenos are part of the chili pepper category. The jalapenos in your share are an early green jalapeno with a heat index of about 5,000 scovilles.

The hotness in chili peppers varies greatly based on growing conditions. Generally we have found ours to be good and spicy this year. To mellow out the heat a bit, remove all seeds and white ribs. Cooking through also reduces spiciness. We also suggest wearing rubber gloves when cutting.



SAVOY CABBAGE

Savoy is an area in southeastern France where this subset of hardy cabbages with densely wrinkled leaves originates. We love them because they have a waxy coating that means they stand up wonderfully in cooked or marinated recipes. We used our savoy in unrolled cabbage rolls (in a skillet) this week.

This cabbage shines in recipes calling to sauté, but it also performs well in raw salads as a replacement for lettuce or where you would normally use napa cabbage and kale. Cabbages can be stored in a crisper drawer in the fridge and cut from as needed then tightly rewrapped for later.

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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