



TO BE ORGANIC

For the past five years, we have been growing and selling organic vegetables. But we have to be cautious in how we tell you that our produce is organic. There are regulations surrounding the word "organic" that could land us in serious trouble for printing it on a label for goods produced on our farm. It is the only word among them that has this sort of consequences for use. We could call our food all-natural, sustainable, biodynamic, regenerative, or just about anything else and no one can question it, but "organic" has National Organic Program (NOP) regulations detailing our growing techniques.

When we decided to farm commercially in 2014, we knew it would be organically. After reading thru the NOP guidelines, we realized we already were following the rules. Mostly. There would be a few things we would need to change. We started buying only organic seeds and organic seed starting soil. We started taking diligent field records and upgraded to certified organic cover crops seeds. Our fields had to be free of chemicals and farmed organically for three years and then these areas can be certified without any questions, only good records were required. At that point, we were on track to become officially certified organic by the spring of 2016.

Of course, everything organic calls for more money than the conventional way but in the end, it is worth it to have our health and our customer base. There are some rules that make being organic more difficult than not. For example, most field lime is already organic as it is a natural mined substance. Same with gypsum, boron, etc. However, when it passes through the bagging system at a non-certified mill, it is no longer considered organic because of residuals in their system. So we bring special inputs from long distances.

The certifying agency we have been working with is called MOSA. They have been very good at answering our questions to help us be legally organic even though we have yet to bite the price tag and make it official. We've come to learn, people just want to know how their food is grown, organic label or not. Eventually we would like to display that green and white USDA organic logo, but until then we will just keep explaining how we grow instead.

Growing for you,

eric + rebecca

IN THE BAG

Pac Choi

Red Radishes

Kohlrabi

Red Tinged Lettuce

Green Curly Kale

Scallions

Mild Mix Microgreens

Salad Turnips (*larges only*)

PASTURED PORK

This week, we just picked up a fresh batch of pastured pork from Geiss Meats in Merrill. Our hogs get all the forage and veggies they would like to eat, but are also fed non-GMO verified grain to make them well marbled. We can deliver meat with your share. Please see this week's farm email for latest pricing and availability.

FARM DINNER

ONE LAST REMINDER: 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. Please see our website for more information.

wegrowfoods.com/farm-events/

DIRTY PRODUCE

Much of your share is picked within a few hours of you receiving it. Leafy greens usually get a quick dip in cool water and then packed for distribution. Until the stems are cut and leaves are separated, it will have dirt inside. By not cutting the lettuce or leafy greens apart, they will last much longer for you. We've also been told some interesting stories about insects in your produce. We apologize in advance for the bugs, but keep in mind we refrain from pesticide use.

KOHLRABI

Kohlrabi is one of those vegetables that you don't really need to do much with to enjoy it. The enlarged stem and leaves are both edible. Raw straight from the garden is our favorite way to consume kohlrabi. Just pull out a pocket knife and start peeling! It's great to snack on with your favorite dip or salad dressing. Sprinkle it with a little salt and you're on your way.

If you want to get more creative, combining with other vegetables in your roasting pan is when kohlrabi really shines! It also makes an interesting slaw when shredded or sliced thinly and tossed with a dressing or vinaigrette. You can also lightly sauté it or stir-fry it with a little butter or a simple sauce, and don't forget to add the greens too. They can be used like collards or broccoli leaves.

To prep, older bulbs will need to have the tough, outermost layer of woody skin peeled. More of the outer layer should be removed from the root end and less as you work your way to the top. Then snack on the inner flesh. Store wrapped in the fridge.



MILD MICROGREENS

There are many varieties of microgreens. This variety is High Mowing Organic Seed's mild mix which includes kale, mustard, beets and broccoli. Microgreens are grown in trays of dirt in our greenhouse. They take 10-14 days to get the harvestable age. A nutritious burst of flavor, use to spruce up your salads, pile a small handful on top of your freshly baked pizza to add a crisp topping, stir them in a sauté at the last minute or use as a garnish, layer a few microgreens instead of lettuce in a chicken sandwich, or add a handful to a smoothie.

PAC CHOI

This super nutritious, Asian, cruciferous vegetable deserves a spot on your plate. Chinese, Philippine, and Thai recipes often call for chopped Pac Choi (Bok Choy) greens. The flavor is mild with a hint of mustard in some cultivars. My preferred cooking method is to rinse and chop the stems and greens and sauté them in vegetable or olive oil along with a generous amount of garlic, fresh ginger with a bit of sesame oil and seeds. The greens cook to perfection with added liquid (broth or water) for a quick stovetop braise. Some recipes add oyster sauce or soy sauce. Choi can be cooked alone or combined with other veggies like peppers, onions, edamame or snow peas. Add Asian greens to your stir fries, soups and noodle dishes.



Savor salad season

CURLY KALE

Our early planting of kale is growing well as it loves cool weather. We planted a long row in the caterpillar tunnel. Suddenly the heat has it too hot inside. The great thing about the cat tunnel is we pulled the plastic on Wednesday and will move it to the next set of rows which will be planted in peppers this week.

This variety is a selection of the standard variety of blue curly kale called vates. It is the type that is typically found our local grocery stores. The leaves will hold up better in recipes that involve heat, i.e. soups, roasted, sauté, etc. Of course, just about any kale can be used in a smoothie for a boost of nutrients. We do trim out the center stems when we eat kale in salads or stir fries.

HAVE A VEGGIE QUESTION?

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

HOME 715-427-1002 CELL/TEXT 715-905-0431

ONLINE [facebook.com/wegrowfoods](https://www.facebook.com/wegrowfoods)



SCALLIONS

Also known as green onions, scallions are essentially young, tender onions in which the bulb has not formed. Tops are not cut on our scallions as your find in the store. This is to allow them to fit into packaging containers and is simply a waste. Go ahead and eat the tops.

Scallions don't have as strong of flavor as regular onions so they can be enjoyed raw on salads, eggs, cottage cheese, etc. Utilize every part except the roots and store in a bag in the fridge.

RED TINGED LETTUCE

This week's lettuce is a another leaf type, but this one is in the crisp leaf varieties so the stems should be crunchier with more water. It is difficult to change people's minds on what lettuce should taste like when all they have been eating is iceberg lettuce from the store their entire lives. Slow down and take a moment to taste it, notice the texture. Variety is key to nutrition, eat the rainbow!