



A MORNING ON THE FARM

This week a group of kids from Medford's summer school program visited our farm. The kids hopped out of the vehicle excited to be outside and were immediately thwarted with a cold breeze. Very quickly their moods lightened as the cute kitty made her grand entrance, rubbing everyone's ankles. We began our introductions and walkabout through the various growing structures. They noted each temperature change and guessed at all the various vegetables we quizzed them on. We came to kohlrabi and everyone had a sample. The four rows of tunnel broccoli had some kids questioning everything they knew about how broccoli is grown. It isn't the first time someone said, "I never knew that is what broccoli plants looks like!" The green garlic tops were equally surprising to some. If you've only ever seen a dry garlic bulb or a jar of minced garlic it might come as a shock to see the rows and rows of green tops reaching for the sun. Planted in October no less!

As we rounded the chickens on pasture and talked about meat birds versus laying hens, we were thrilled to hear how many kids have family members raising their own birds. This year's group also refrained from the usual sad sounds when we pointed out the feeder hogs ready for slaughter. The young beef stock was next, but not looking nearly as cute as last year's jersey steer they also didn't get much sympathy for their place in the food chain.

Finally, into the vegetable field. Each crop was pointed out and growing techniques briefly explained as questions arose. Then came farm work. We slotted the last hour for planting a bed of paste tomatoes and flowers. The groups split and went to work. They made such quick work of the 200' bed, we had to move them into the onion patch where they whipped through weeding a huge section. It was great to get so much done in such a short time. This was, of course, not without those few complaining about the back-breaking, knee-taxing, buggy work. We just smiled and went about working hoping each of them would come to appreciate the source of food a bit more following their morning on the farm.

Growing for you,

eric + rebecca

IN THE BAG

Broccoli
Green Garlic
Napa Cabbage
Red Butterhead Lettuce
Salad Turnips
Scallions
Sweet Basil
Kohlrabi (*larges only*)

FRESH CHICKEN

Our pastured/non-GMO broiler chickens will be available in early August. Reserve yours today by contacting us. This year, we are growing all white cornish for their heavy white meat. Our birds are on pasture from age one month on. They spend their days relaxing on free-range, scratching in the dirt and eating forage, insects and non-GMO grain.

Whole birds are the standard, but you can have them halved by request. You can also get giblets, neck, or feet by request. All options come with small fees.

If you are interested in purchasing our farm fresh chicken, reply to a farm email or call/text Rebecca at 715-905-0431.

HAPPENINGS

There are several things happening in the coming weeks. If you would like to join us on any of these occasions and be part of our community in action, just let us know.

Wed, June 19 - Planting Day at Huey's HideAway Children's Museum in Medford 12-2 pm

Friday, June 21 - Empowering Girls Camp, Harvest and Meal at We Grow with Medford School District & Aspirus

BROCCOLI

This item hopefully doesn't require any advice on how to utilize. We do have to give you a warning though that our vegetables are grown 100% organically. That means no pesticides to kill those pesky little green cabbage worms that forage on brassicas which include all cabbage, broccoli, cauliflower, kale and more.

This earliest tunnel grown broccoli shouldn't have much for pests, however later batches will. We recommend blanching (toss in boiling water) for 30 seconds before using in your recipes to kill and dislodge pests in broccoli if it of great concern in your household. An overnight in the fridge encourages them to crawl out as well.

SALAD TURNIPS

With a creamy, juicy texture, these things do not deserve to be called turnips. They are so much better than turnips. In the organic farming world, they are often called hakureis, but few would recognize the Japanese word unless they've been in a CSA. These salad turnips taste amazing fresh from the ground raw and they're not something you can get in the store.



After trimming away any insect damage to the root, we prefer to eat them fresh raw. The larger ones can be peeled if you want to cut the radish like spice off entirely and just enjoy the kohlrabi like center. The tops are very tender unlike purple top turnips. We encourage you to throw the greens into your salad. They are delicious when the plants are young and tender.

Most of the recipes we have found online suggest cooking the turnip roots along with their leaves for the perfect combination.

eat more veggies

SWEET BASIL

There are many types of basil. Sweet basil is the type that your recipe is referring to when it simply calls for "basil." The aroma of basil simply cannot be ignored. It is reminiscent of those amazing Italian dishes we are so familiar with. Add fresh sweet basil to a homemade pizza, your sautéed napa or perhaps garlic pesto. Store in an herb box or bag with absorbent material in the fridge.

GREEN GARLIC

Garlic is not only incredibly healthy, but the flavor that fills so many dishes. We intend to provide garlic nearly every week. We'll start the season with spring green garlic. Just chop off the roots, trim yellow tips off leaves and then the entire stalk, leaves and bulb are edible and FULL of flavor. Use it wherever you would normally utilize regular bulb garlic. Don't waste a bit of the leaves (just chop finely) and you should have enough garlic for a week's worth of cooking. Consider trying garlic pesto with this week's sweet basil. You can also use it to infuse cooking oil. Refrigerate and keep the cut ends wrapped, it should last a few weeks.

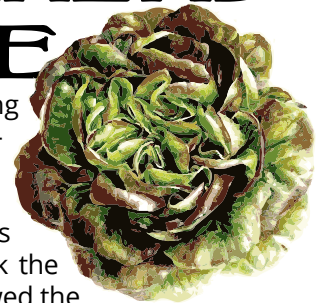


A FARMER HAS TO BE AN OPTIMIST OR HE WOULDN'T STILL BE FARMING.

- Will Rogers

BUTTERHEAD LETTUCE

Your lettuce this week is coming from our second succession planting that was in the caterpillar tunnel. The cool weather has been perfect for this crop. When temps started to rise last week, we took the plastic off the cat tunnel and allowed the remaining crops inside, lettuce, kale, napa and carrots to enjoy the cool nights and prevent bolting (flowering).



Your red butterhead has a smooth buttery texture and sweet flavor. The center will be sweeter and lighter, while the outer most leaves will be more bitter and tougher. Lettuce from our farm has been field rinsed, but not thoroughly washed. You should remove the leaves from the stem and give them a good washing. Then use a salad spinner or shake until no longer dripping wet. We find lettuce stores best in the salad spinner or in a wrapped colander in the fridge, but it can also be kept in your crisper drawer in the bag provided.

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)

