



## SEASONAL SUPPLY

The zucchini mothership has landed. If you have ever grown a summer squash plant, you will understand the trials of this prolific fruit. One plant will deliver one fruit every 24 to 48 hours for the duration of the summer. They grow extraordinarily fast. One day they are the size of your thumb and the next day they are as big as a banana. If you don't catch them at the banana stage, they quickly grow into a 10 pound beast. You can still use the zucchini no matter what size, but for different purposes. The largest are often shredded for baking while the smallest are sliced up for frying. The point is, when you get into summer squash season you have to get creative (or share them with your neighbors) as you might become overwhelmed.

The good news is that the season for summer squash is short. We are usually harvesting it early July through early Sept. Those two months is just enough time for us to eat ourselves sick of it and be satisfied enough to not need to see another zucchini until next year.

Eating seasonally is a huge part of being in a farm share program. While we do our best to get you more variety than a typical northern Wisconsin garden, we are still limited to those typical "days to maturity" we find on seed packages. Eating a large amount of one vegetable for a short period of time is good for our health. We get a flush of nutrients that we may not have had in some time. It saturates us in nutrition and gives our bodies a chance to replenish and renew specific organs that have specific needs. Summer and winter squash are loaded with fiber to help cleanse your colon, broccoli will help detoxify the liver and potentially prevent cancer, the high water content in napa cabbage is highly absorbable and helps flush and detoxify naturally.

Eating the same few vegetables every day for the entire year isn't going to have the same effect as eating an excess of specific vegetables for short periods of time and changing the varieties seasonally. So while we overwhelm you with zucchini and all the summer squash relatives keep in mind it won't last long. But it is good for our health to take it in with the bounty of the season.

Growing for you,

*eric + rebecca*

## IN THE BAG

Zucchini

Baby Beet Greens

Garlic Scapes

Lettuce

Broccoli Shoots

Cucumber

Scallions

Mixed Kale

Kohlrabi (*larges only*)

Cherry Tomatoes (*larges only*)

## FARM DINNER

This Friday, July 12 is our annual farm-to-table dinner. While final preparations are being made, we wanted to remind those of you with reservations of the plan. Our address is N7975 Zimmerman Rd, Westboro. If you would like driving directions, please ask.

**Hors d'oeuvres 5:30 pm**

**Salad buffet 6:00 pm**

**Main course 6:30 pm**

**Dessert + farm walk to follow**

Dress farm casual and plan on picnic table seating with a dirt floor. Bring your own wine glass for meal pairing. We will provide everything else you need to enjoy the meal along with water and several nonalcoholic beverages. Questions: please call Rebecca at 715-905-0431 or talk with us at the farmers market. We are looking forward to this event!

## SHARE BAGS

Please check around your homes, automobiles, and offices. If you are starting a collection of reusable We Grow bags, please bring them to the drop site next week. Bonus points to those who can remember so well. Thank you!!

## BABY BEET GREENS

Baby beets are a non-traditional veggie that we discovered ourselves a few years ago when we thinned our beets and were faced with the tragedy of having to toss out all those little

plants. Beets tend to have an earthy taste. This taste is caused by microbes in the soil, providing the beets with a compound known as geosmin. Many people believe this is what gives the beet a dirt-like flavor. By using the right components, you can tease out this flavor and transform beets from an earthy food into a subtly sweet treat.

We washed up the tiny plants, ran them through the spinner and mixed up some hot bacon dressing. The resulting wilted baby beet salad was amazing! The sweet -bacon flavor cut the earthy beet flavor perfectly and made a flavor not highly regarded, quite tolerable. You can also use these greens on your sandwiches or mixed in your greens salad for a change up. Get creative in the kitchen!

**LIFE ON A FARM IS A SCHOOL OF PATIENCE. YOU CAN'T HURRY THE CROPS OR MAKE AN OX IN TWO DAYS.**

- Haneri Alain Lioqier

## HOT BACON DRESSING

### Ingredients

- 6 slices bacon, diced
- 1/2 cup finely chopped onion (sweet onions work well)
- vegetable oil (or favorite substitute)
- 2 teaspoons cornstarch, mixed with
- 2 teaspoons water
- 1/2 cup white vinegar
- 1/2 cup water
- 1/4 cup sugar
- salt and pepper

### Directions

Fry bacon until crisp. Remove bacon from pan leaving fat. Set bacon aside.

Add onion to bacon fat in pan and cook until onion is soft. Remove onion from pan leaving fat. Set onion aside with bacon.

Pour bacon fat into measuring cup and add enough oil to equal 1/2 cup. Add fat/oil to cornstarch water mixture and set aside.

Combine vinegar, water, sugar, salt and pepper in small saucepan and heat to a boil.

Add cornstarch mixture and cook until thickened about 1-2 minutes. Remove from heat and add bacon and on-

## ZUCCHINI

It doesn't officially feel like summer until those summer squash start inundating us with their bounty. We listened to your feedback and planted more of the zucchini varieties of summer squash. For those that enjoy patty pan and straightneck summer squash, you will have a chance to try them as well in the coming weeks. They are not as fast to mature as this week's crop. For now, we are starting with some of our favorite varieties of zucchini: Green Machine (smooth dark green), Costata Romanesca (ribbed with light and dark mottling), Green Tiger (smooth with dark light green stripes) and Yellowfin. In our opinion, Costata Romanesco is the most flavorful of the bunch.

There is no need to peel tender-skinned summer squash. Besides contributing color and nutrients, the skin helps the vegetable hold together better when cooked. Just give the squash a gentle washing under the faucet before slicing or dicing.

Try sliced squash grilled or fried and drizzled with a flavored olive oil, seasoned with salt and pepper, or tossed into a stir-fry. When sautéing summer squash, use high heat. Due to its high water content, it will steam and get mushy over lower heat. Don't forget you can "noodle" zucchini as a tasty, quick cooking replacement for pasta.



Zucchini is a good source of potassium and vitamins C and A, and it's super low in calories with lots of fiber. To store, refrigerate summer squash in the crisper drawer for up to a week.

## BROCCOLI SHOOTS

This broccoli is in the form of side shoots with more stems and leaves. You should find the stems and leaves sweeter than the florets you've had in weeks past. It is all edible!

If you can't put it all to use, please consider a quick blanching and then freeze for use this winter. Just chop to desired size, place in boiling water for about 3 minutes, then cool in cold water. We freeze broccoli with extra water to prevent freezer burn which is caused by air gaps in the package. It will taste great in the off-season when added to chicken and rice casserole or cream of broccoli soup.

### 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)

