



## MID-SEASON STRIDE

As we start to hit the mid-season stride, it feels like a good time to let you know what's going on around here. We are sending a farm email every Friday. It is not the same as this newsletter and it often includes links to some recipe ideas as well as lots of info about other things that are happening both at the farmers market and at the farm. Make sure you are receiving this email.

There has been a lot going on besides the typically weeding, planting and harvesting. This week we hosted a red hat group and it was such a pleasure to show off our growing spaces, community involvement and share some of our harvest with them. They made it all the way around the farm and joined us for a simple farm lunch with produce picked on the spot that morning. What a treat! That same afternoon, we baled some of the hay that was cut on Monday. With enough in the barn for our small herd to make it through an extended winter, we aren't feeling as much pressure to prioritize that task. With this weather, it has been difficult to say the least.

Eric attended his first farmers market in the city of Phillips. We are hoping to expand our offerings in the area and meet more people to our north where there aren't many vegetable operations or CSA farms. The market-goers were excited to see the fresh produce and pastured pork. We have high hopes for what will come and plan to attend this market through the rest of the season. If you know anyone in Phillips, please help us spread the word. We Grow will be there every Tuesday from 2:30 to 5:30.

Our Medford markets were not as calm and rosy. Saturday we had to leave early because of a storm. We stayed until a huge lightning strike that caused a fire just down the street. Time to leave! Then Tuesday everything was sunny until a nasty little storm moved in too quickly for us to take down our setup. With two tents to hold on to, Rebecca and volunteer Tonia used everything they had to keep things on the ground. It was scary! Other vendors didn't fare so well. There were seven destroyed canopies when the clouds parted. Thankfully no one was injured, but it has been two rough Medford markets.

Growing for you,

*eric + rebecca*

## IN THE BAG

Kohlrabi

Patty Pan Summer Squash

Carrots

Green Romaine Lettuce

Cucumber

Fern Dill

Red Onion

Garlic Bulb

Slicing Tomato

Green Cabbage (*larges only*)

Cherry Tomatoes (*larges only*)

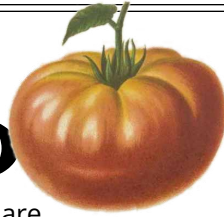
## FREE-RANGE MEAT CHICKENS

Our free-range non-GMO chickens are heading to the processor on August 7. We purchase our chicks from a hatchery each May and raise them by rationing a limited amount of high quality feed each day. This forces them to range about our farm and forage every day. Raising them this way, they grow slower than the average cornish cross chicken but we think you end up with a healthier, more nutritious, more flavorful meat than if they are simply grain fed. If you would live to reserve some chickens, just send us a message. Our chickens cost \$4 per pound and range in size from 2.5 to 5 lbs. All birds are kept whole without the giblets or feet unless you let us know in advance to have them custom cut for you.

## CAN'T PICKUP?

Please send someone else in your place. Your friends will be delighted! We plant, pick, wash and pack with your share in mind every week. Switching to a different pick-up day? Give us at least 24 hours notice. Sorry, no refunds for missed shares.

# SLICING TOMATO



The tomatoes included in this week's share are the first few slicing tomatoes coming from our high tunnel. Over the past five years, we've been choosing from dozens of varieties of heirlooms and hybrids to find a balance of flavor and production. The large red slicers you are getting are organic hybrids that out-produce heirlooms 4 to 1. This is the tomato that people are most familiar with and sells the best. The pink tomatoes with green shoulders are an early heirloom. Typically heirlooms take longer to mature and often have a more complex flavor.

**Slicing note: You CAN eat the crunchy green shoulder. It is recommended you slice from the top down to give each piece the full flavor profile from the sugary bottom to the acidic center and the mild top.**

As in the past you will see lots of variation in our slicers as the season goes on. Expect red, yellow, pink, black and red or green striped. There is one new variety of slicer this season that we have never grown before. It is called Lucid Gem. The shoulders are black/purple and the bottom half is a blotchy yellow-orange. The variety comes recommended by a CSA farming friend in Madison. We were hoping to replace the pineapple yellow we have grown in the past because the huge fruits were too large to sell.

Our tomatoes are great sliced and eaten raw or chopped for a salad. They also work well for stewing and soups. We do have paste tomatoes on the way that will be better for salsa, sauce and paste recipes as they contain less water.

Never store tomatoes in the fridge unless they have been cut. Keep at room temp. They will ripen quicker if store with other ripe fruits such as apples or bananas.

**HEIRLOOM VS BEEFSTEAK:** *While we might be quick to call any large, imperfect, great tasting tomato an heirloom, this isn't necessarily true. Heirloom as classified as "Open-pollinated varieties introduced before 1940, or tomato varieties more than 50 years in circulation. Or seeds that have been passed down for several generations through a family."*

## CREAMY CUKE SALAD

*Combine all ingredients and let cool before serving.*

- 4 - 5 slicing cucumbers
- 1/2 teaspoon salt
- 1 small red onion, thinly sliced
- 1 cup sour cream or plain greek yogurt
- 1/4 cup sugar
- 2 Tablespoons vinegar
- 1/2 teaspoon ground black pepper
- 2 teaspoons dill weed

# PATTY PAN SUMMER SQUASH



We grow seven varieties of zucchini and summer squash. To date, you have been receiving zucchini in your share. This week we would like you to try patty pan, also sometimes called UFO squash or scalloped squash. It's shaped roughly like a flying saucer, with scalloped sides. Patty pan squash holds up better than most varieties of summer squash, which is good; it'll hold up to longer cooking and higher temperatures than zucchini. It's great in stews and italian soups. Patty pan squash most commonly in yellow or light green colors, which taste pretty much the same.

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 scrub under the faucet before slicing or dicing.

Try your sliced patty pans steamed and drizzled with a fruity, peppery olive oil, seasoned with salt and pepper, or tossed into a stir-fry. When sautéing any summer squash, use very high heat due to its high water content, it will steam over lower heat. To store, refrigerate summer squash in the crisper drawer for up to a week.

## GREEN CABBAGE

Our cabbage is finally coming around. It was one of several crops that suffered in the cold May weather. We should have enough cabbage for all shares very soon. This variety is round and solid, with a delicate but crunchy texture and sweet, spicy flavor with buttery undertones when cooked. It is a bit smaller than other varieties we have tried which we hope will make it more manageable to consume.

We love green cabbage fried and grilled, but this is also a great variety for fresh coleslaw. Cut the amount you need and store leftovers wrapped tightly in your crisper drawer. Next time, simply cut off any discoloration and continue to enjoy. We've eaten our cabbage heads in this fashion for over a month with proper storage.

### 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.

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

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