



BREAKING RULES

With our farm kids reaching middle school age, we have come to the realization that we need to get away from the farm for some “adventuring” no matter how long our to-do list. We seek to experience more of what northern Wisconsin has to offer and keep our sanity. So this week, after Tuesday farmers markets we took off and headed north. We dined at a farm-to-table restaurant, swam in a great lake, rock hunted and napped on the beach, visited bookstores and cooked over the campfire. It was relaxing family time at its finest.

One of the books we picked up on our adventure is titled “Food Rules, An Eaters Manual” by Michael Pollan. It is not Pollan’s first book on the matter of eating but it the condensed version of all of his suggestions, which is great, because we don’t have much time for reading these days. Faced with a hammock and an evening far away from the farm, the book was read from cover to cover and conversations about our eating habits ensued. This book is like an advertisement for being in a CSA program! #16: Buy your snacks at the farmer’s market. #22: Eat mostly plants, especially leaves. #25: Eat your colors. #30: Eat well-grown food from healthy soil. #44: Pay more, eat less. Seek quality over quantity. While we feel pretty good about our comprehension of the “rules,” our conclusion is that we know how to eat right, but perhaps break a few too many of these rules. Even vegetable farmers who have basically unlimited access to the ideal diet, could be eating better. Sigh.

With this knowledge in hand, and one more ice cream stand on the drive home, we set our goals a little higher from here forward. The bounty from the field is nearing its greatest variety. We actually had to choose what not to put in the shares this week! It’s time to buckle down and max out our veggie consumption. Eat carrots, beans and cukes for lunch or snacks. Spend some time in the kitchen and savor the flavors. #51: Spend as much time enjoying the meal as it took to prepare it. But also, don’t stress about enjoying the times when we break the rules. Afterall, #60: There is nothing wrong with special occasion foods, as long as every day is not a special occasion.

Growing for you,

eric + rebecca

IN THE BAG

New Red Potatoes
Mixed Beans
Rainbow Carrots
Zucchini
Cucumbers
Onions
Garlic Bulb
Red Oakleaf Lettuce
Mixed Tomatoes
Parsley
Beets (*larges only*)
Kohlrabi (*larges only*)

**THE HEALTHIEST FOOD
 IN THE SUPERMARKET
 - THE FRESH PRODUCE -
 DOESN'T BOAST ABOUT
 ITS HEALTHFULNESS,**
 because the growers don't have
 the budget or the packaging.
 Don't take the silence of the
 yams as a sign they have nothing
 valuable to say about your health.

- [Food Rules](#) by Michael Pollan

MARKET EVENTS

Two happenings coming up. There will be food and live music at the downtown farmers market on Tues, August 6th. Market will be open late. Join us for supper!

The Medford Farmers Market is holding its annual Peak Harvest Customer Appreciation Day at the fairgrounds location on Saturday, August 17th from 8:00 to noon. Door prizes every half hour. Try free samples of local produce, enjoy music, coffee and the aroma of fresh fried donuts. **There will also be a BIG ZUCCHINI WEIGH-IN CONTEST. Bring your biggest zucchini for a chance to win a farmers market gift certificate. Tell your gardening friends.**

NEW RED POTATOES

The first potatoes of the new season are called “new” potatoes as an homage to the fact that under proper storage conditions, potatoes can be eaten “fresh” any time of year despite being harvested at the end of summer. New potatoes are generally smaller as they are harvested before they reach full maturity. For this reason, they will not store long and should be used promptly.

Enjoy these melt-in-your-mouth first potatoes of the season. We simply love them boiled then buttered and dressed with fresh chopped parsley. Any leftovers go into our eggs the next morning. Roasting or frying are also fantastic ways to showcase these new reds.

More specifically, this week’s spuds are called dark red norlands. The organic seed stock came from Vermont Valley Community Farm in southeast Wisconsin. Norlands have exceptionally fragile skin. Our potato digger isn’t kind to thin skinned potatoes, so we apologize for the unnecessary skin damage. Unfortunately we have far too many potatoes to dig them by hand as we did our first three years farming.

RAINBOW CARROT

This week’s share has no shortage of the rainbow! The carrots you are receiving are multicolored. Each one has its own varietal name, nutritional value, flavor and texture. Most of them are not of the long-term storage type, but in a bag in the crisper drawer at high humidity, they will last several weeks.

The tops are not included this week to make it easier for us to wash your carrots. That said, if you like to utilize your tops for veggie stock, carrot top pesto, soup and seasoning, etc. please just let us know and we can send you the tops with the roots.

PARSLEY

Generally considered a garnish, parsley does not get enough credit. Parsley benefits the body in many ways and has been considered a natural detox remedy, diuretic, antiseptic and anti-inflammatory agent. It will last well over a week in a plastic bag in your fridge or several months dried and stored in a jar. Not so coincidentally, it pairs wonderfully with your potatoes and carrots.

BEANS

YELLOW WAX,
PURPLE + GREEN



And so it begins again, bean picking season. It can be a daunting task. The labor involved drives the cost beyond what people are usually willing to pay. However, you-pick is only \$1 per pound. Let us know if you would like to come and bring a friend. Plan with us several days in advance please so we can leave them in the field for you.

We are growing three varieties this season. The green type is called jade, a long gourmet bean. Jade’s maturity is about ten days later than the others so these will pick up in numbers next week. The yellow is called golden wax bean. We think the wax beans are more tender than the run of the mill green varieties. The third is a dark purple type called Royal Burgundy. The gorgeous deep purple stringless pods have green interiors. The almost black beans make a stunning display when mixed with yellow and green beans, especially raw in salads. The purple beans turn green when cooked.

There isn’t much better than the first meal of beans fresh from the garden. Lightly steamed and served with butter. When they are this fresh they are a little squeaky. Not kidding. Fresh beans will last a week in a plastic bag in your crisper but the flavors degrade quickly.

BEETS • BEETS

There are both golden crex beets and early red beets in your bunches. We have found the golden beets to have a bit less “beet-y” flavor than the dark red. That dirt flavor is caused by microbes in the soil, providing the beets with a compound known as geosmin and is also what makes beets so healthy for us.

We never ate much for beets until Eric started roasting them with a mix of other veggies. He cuts the top and the root tip and then halves or quarters them to a uniform size, piled up with fresh herbs. Surprisingly they taste fantastic and you do not have to peel them. Generally speaking, most of the nutrition is in the skin. This is true for almost all vegetables. Our second favorite way is steamed and covered in butter. Mmmm.

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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