



## BOOTS ON THE GROUND

Every so often, we are reminded of just what it takes for a small farm to grow, harvest, pack and distribute fresh produce for 80 CSA members. While at the front you might see two farmers and their right-hand woman getting it done, the commitment of many volunteers is what actually puts the food on the table. Quite literally! We would like to start highlighting some of our volunteers who commit to being on the farm every week to help us.

This Friday was Angie Stibbe's last day for the season because she is a school teacher and coach starting her "real" job. Even more important, her birthday is this week! We share so much when we work together and get to know people fairly well. This is one aspect of having worker shares on the farm that we love. Each week we catch up with friends while picking and packing. Some people come to the farm as friends, and others become friends after they come to the farm.

Angie arrives every Friday bright and early for her four hour shift. She heads out into the field with our myriad of workers and volunteers. We gather up the produce that can't handle heat first and has to be harvested in the cooler morning air. We take that first big load up to the pack shed for rinsing, sorting and bagging. Then we head out to a second field to get the next load while a few might stay back to finish up round one. This cycle continues until all the items are packed into crates, labeled and put into cool storage.

As we near midday, it's time pack shares and online/wholesale orders are organized. If there is a big harvesting task that is dreadful to do alone but tolerable with more people, we make sure to squeeze that in before Angie leaves because a positive attitude is one of her greatest assets. If the heat turns on, we try to finish up the day with shaded tasks like running beets and carrots through the brush washer, weighing out portions or cleaning dried garlic.

Angie is a farmer at heart from her upbringing and we think she loves having a tiny piece of farming in her life through her work at We Grow. Whatever the reason, we are grateful for her time here.

Until next time,

*eric + rebecca*

## IN THE BAG

Tomatillos  
Jalapeno Pepper  
Cilantro  
Bell Peppers  
Sweet Corn  
Lettuce  
Dark Red Beets  
Zucchini  
Cucumbers  
Garlic Bulb  
Onions  
Mixed Beans (*larges*)

## MARKETS

Farmers markets remain open well into late fall. Your final shares will be in the third week of October and we will be setting up our market stand until then. Typically, our Tuesday market sees a sharp decline in patronage following Labor Day. We're not sure why this happens, but we need folks to keep coming for the fall bounty. Please help spread the word.

## FALL CREW

If you know someone who might be a good fit for our farm crew for the next 8 or 9 weeks, please send them our way. A worker share can start mid-season and still be very helpful. We have SO much fall produce to get harvested before fall frosts take over the farm.

### VEGGIE HUMOR

What's the highest position an ear of corn can get in the military? Kernel.

FOLLOW THE FARM:



# TOMATILLOS CILANTRO

Related to the tomato and a member of the nightshade family, tomatillos provide the tart flavor in a number of Mexican and Latin sauces. They take center stage in salsa verde (aka green salsa) and taste even better after roasted or grilled to a slight char. If you aren't a salsa person, we encourage you to utilize your tomatillos as a meat tenderizer, especially with chicken and pork. They make a very tasty, low sodium green chili that works well with any type of meat and beans. One of our favorites!

You can keep tomatillos at room temp for several weeks or more in the refrigerator in a paper bag. Last season, we unintentionally kept some at room temperature until January. Apparently they are in the perfect little packages. Leave the husks on until just before preparation. Then remove the husks and wash the green fruits. They are very waxy, this is normal. There are lots of things you can do with tomatillos if you want to get a little creative and have time for a quick search online.

## TOMATILLO SALSA VERDE

- 1 pound tomatillos, husked - roasted or raw
- 1 chile pepper (your choice - spicy or mild)
- 2 tablespoons chopped cilantro
- 1/2 teaspoon ground cumin
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- juice of 1/2 lime

### Directions

**Raw version:** Roughly chop the tomatillos. In a blender or food processor, combine the tomatillos, chiles, cumin and cilantro. Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water and remove excess moisture. Lastly, stir in onion, garlic and lime juice and season with salt to taste, usually a 1/2 teaspoon.

**Roasted version:** Prior to blending, roast, grill or smoke the tomatillos and peppers. Preheat a broiler. Roast the tomatillos and chiles on a baking sheet 4 inches below a very hot broiler until blackened in spots, about 5 minutes. Flip them over and roast the other side, 4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles. Follow with "raw" directions above.

### ADDITIONAL INFO:

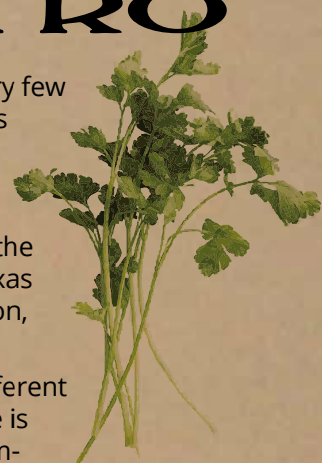
This authentic Mexican salsa verde has a fabulous flavor. Use it on chicken enchiladas or as a condiment for any dish that needs a little extra zip! Great over a lightly blackened fish.

Suggestion for prep: if the tomatillo husks are sticking to the fruit and too difficult to remove, try soaking them in warm water for five minutes (while the fruit is whole). They come right off.



You either love it or you hate it, but very few are in-between. Cilantro, also known as coriander, serves as the key ingredient in so many recipes. Just add it to your sauté or stir fry right before serving and you've got flavor! It also serves as the key ingredient in many relishes like Texas caviar which features black beans, onion, and corn.

If you aren't a fan, please request a different herb in exchange. And know that there is some real science behind the fairly common aversion to cilantro. Apparently the scent molecules in cilantro are very closely related to those in soap.

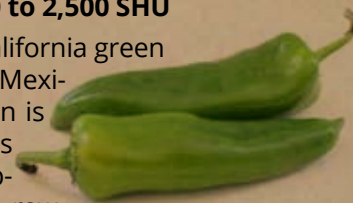


## HOT PEPPERS

This year, we are two of our favorite hot chilis peppers - jalapenos and anaheims. There are varying levels of heat to meet everyone's needs. A pepper's heat or spiciness is measured in Scoville heat units (SHU). The Scoville scale starts with the bell pepper at the bottom at 0 SHU and goes up to the hottest peppers in the world at over 2,000,000 SHU. Trimming out the white veins and seeds will reduce the heat level. *Please use caution when handling hot peppers. Always wear rubber gloves when cutting and avoid touching your eyes and nose as well.*

### ANAHEIM CHILE: Mild 500 to 2,500 SHU

Also commonly called the California green chile, chile verde, and New Mexican chile. The Anaheim's skin is on the tough side but peels easily if you roast it. This pepper is mild and goes great raw and chopped in salads, grilled, stuffed, and roasted.



### JALAPENO: Medium 2,500 to 8,000 SHU

The jalapeño is the most popular chile pepper in the world and is very versatile. Although they tend to carry the reputation of being very spicy, jalapeños rank considerably low on the Scoville scale, with a mild to medium heat level. Most have moderate heat that doesn't overwhelm a dish. The smoke-dried version is called a chipotle pepper.



### HOW TO REACH YOUR FARMER:

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