



## KEEPING UP WITH WEEDS

Weeds defeat us. Weeds are our biggest problem at this point in our farming career. We've let them get away in previous years and created an even larger problem than we ever imagined was possible. It is all a result of the seed bank within the soil. These weed seeds wait for perfect conditions to germinate. Of course, that coincides with when we plant our vegetable seeds. No matter when we plant, if we turn over the soil we bring up more weed seeds. When just one weed gets away and reaches maturity, it spawns tens of thousands of seeds that are ready to grow the coming season. And the exponential growth of weed seeds in the soil carries on.

To help us tackle this major problem, volunteer Linda Thielke comes to the farm every Tuesday just to pull weeds while we pack shares and leave for farmers markets. Quietly, she gets her work done and asks for nothing in return. If you receive brussel sprouts in your share, you can give her credit. She gave up two days in the heat in July to clear the rows perfectly of weeds. Linda tackled the weeds that were taller than her in the middle of the pepper tunnel too. The shishito plants are growing well now. We can't really put a dollar amount on how much she has done around here, besides the success of the current crop, keeping the weed seeds from hitting the ground is going to benefit the farm for years to come.

Working with Linda in the photo above is our dear friend Sally Nez. Sally has been coming to the farm for several years and helped our farm get established in the Phillips area. She helped us hang flyers in local businesses, told everyone she knows about the share program, delivered the Phillips shares for a few seasons and comes knocking on our door every March to get her hands dirty in the greenhouse. This season she showed up every chance she could to work on traying transplants. We certainly appreciate all the time Sally has invested in our farm, helping us get where we are today.

This past Tuesday, Linda and Sally worked on weeds in the fall brassica planting. They both love to be outside, stay busy and feel appreciated. Don't we all?

Feeling thankful for the help,

*eric + rebecca*

## IN THE BAG

Savoy Cabbage

Fennel

Cherry Tomatoes

Sweet Corn

Lacinato Kale

Lettuce

Carrots

Rainbow Potatoes

Zucchini

Cucumbers

Garlic Bulb

Onions

## FALL CREW

We still need help for Sept and early October. If you know someone who might be a good fit for our farm crew for the next few 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.

## COLLECTIVE

Remember there is a We Grow group on Facebook to share recipe ideas and cooking tips with others privately. It is easy for you to come back to this page for ideas when you get your weekly shares. Search **We Grow Farm Collective** or use the link on our farm Facebook page at facebook.com/wegrowfoods.

## VEGGIE HUMOR

What did the sweet potato say to the pepper? "I yam what I yam!"

FOLLOW THE FARM:



## SAVOY CABBAGE

Savoy is an area in southeastern France where this subset of hardy cabbages with densely wrinkled leaves originates. We love them because they have a waxy coating that means they stand up wonderfully in cooked or marinated recipes. One of our favorite ways to use savoy cabbage is in unrolled cabbage rolls (in a skillet). The ruffled blue-green leaves of savoy cabbage are tender and crisp with a more delicate flavor than other cabbage varieties.

This cabbage shines in recipes calling to sauté, but it also performs well in raw salads as a replacement for lettuce or where you would normally use napa cabbage and kale. Let us know what you think if you try it in coleslaw. Cabbages can be stored in a crisper drawer in the fridge and cut from as needed then tightly rewrapped for later.



## ONIONS

You are receiving storage onions from this week forward. Yellow and red are both available. If you need to make a swap based on what you are cooking, please just let us know when you pick up your share.

The sweet onions you have recently been receiving generally have a very short shelf life. On the contrary, the yellow onions called New York Early and Scout you are now receiving have been dried. They will last well into May next year if stored properly. We will also be including some reds onions called Bolero from time to time. These are also a fantastic storage onion and will last even longer. We recommend storing somewhere dark and cool (think root cellar or basement).



## POTATOES

This week we are sharing a mixture of red, white and purple potatoes. The varieties are those which you have received separately in the past: Superior Whites, Red Norlands, and Peter Wilcox Purples. These were harvested fresh the day before they come to you, so some may be a little damp. It is best to get them completely dry or store in a place with air flow. Keep cool, but the fridge is a bit too cold. Try maintaining the skin during cooking because that is where most of the nutrition is in potatoes.

### HOW TO REACH YOUR FARMER:

REBECCA 715-905-0431 ERIC 715-905-0551  
EMAIL [wegrowfoods@gmail.com](mailto:wegrowfoods@gmail.com)

## FENNEL

Fennel has received requests as of late, so we are hoping everyone will give it a try. If you like to munch on it raw, you should notice a distinct black licorice flavor crossed with a fruity celery. The actual vegetable consists of a swollen stem (like a kohlrabi) and edible stems (like celery) and frond leaves, which can be eaten as well. Most recipes focus on the bulbous stem which should be cored like a cabbage.

Everyone in our family likes to pull off branches just to nibble on them. Fennel is a great digestive aid and known for calming an upset stomach. Hence the popularity of fennel tea after a filling meal.

We have recently been using fennel as a flavoring herb when cooking pork. Layering the fronds under a pork roast gives the entire dish a delicious flavor. We also use fennel in all the Italian dishes - spaghetti, lasagna, tomato sauces - just like you would celery in American cuisine.

### PAN-ROASTED FENNEL WITH HONEY & PISTACHIO

- 1 large bulb fennel, cut into sticks
- 1 Tablespoon olive oil
- 1 Tablespoon honey
- 1 Tablespoon cider vinegar
- 2 Tablespoons salted or unsalted pistachios, chopped
- 1 Tablespoon chopped fennel fronds
- Salt and pepper

#### Directions

In a non-stick skillet over medium heat, soften the fennel in the oil until al dente. Add the honey and vinegar and cook until almost dry. Season with salt and pepper. Set aside in a serving bowl. Let cool.

Sprinkle with the pistachios and fennel fronds. Delicious warm or cold. Can be served with grilled sausages, roasted meat, or cheeses.

## LEMON CUKES

Along with previously shared varieties, you might find a small, round, yellowish cream colored cucumber in your share in the coming weeks. This variety is called lemon cucumber. The name refers to their appearance, not their flavor. These cukes are lovely when sliced because they have four or five lobes instead of three like other varieties. This makes them look like flowers when sliced. No need to peel, just scrub the spines off, rinse and enjoy!

