



LENDING AN EAR

Everyone has their reason for buying from our farm. Some want to support the local economy, others appreciate the garden fresh produce, many choose to eat organic as much as possible. Whatever the reason, we hear about it at the farmers markets week in and week out. Not that we mind, but we are often caught off guard by how much people tell us about why they are buying our produce.

Most often, there is a health problem to share. Perhaps a doctor has suggested they eat more vegetables. Sometimes a dear friend has an ailment or terminal condition that may have been prevented by healthy eating. As our amazing customers are spilling their health details, we wonder if they tell all to the grocery store clerk? Or the cafeteria staff? Probably not. But that is the important part, they've established a relationship with us. There is a level of trust and they feel better knowing who produced their food.

Over the winter, Medford Aspirus contacted us about managing their farmers market prescription program. It is new to Medford, but not to the bigger cities around us. Through this program, a doctor can give their patient a prescription to purchase food at the market and it is paid for by their insurance. The patient brings their prescription to our booth much like they would walk up to the pharmacy counter. We give them a bundle of tokens in exchange for the card and they are free to spend their tokens on specific fruits, vegetables and herbs from local farmers.

What a great idea! We've known for years that healthy eating lays the foundation for a healthy life, and health professionals have found a new way to get their patients motivated to eat more vegetables and in some cases, make a life change.

This takes us to a moment when a new farm member was picking up her weekly share and declared, "Your CSA has changed my life." After explaining how much better she was feeling after treating her diabetes with a healthy diet, we knew she was on track for a life change. We're just glad to play a small part in it all.

Health coaches in disguise,

eric + rebecca

IN THE BAG

Zucchini

Cucumbers

Green Beans

Collard Greens

Garlic Bulbs

Mini Romaine Lettuce

Spring Green Onions

Celery

Cilantro

Cherry Tomatoes (*smalls*)

Carrots (*larges*)

Kohlrabi (*larges*)

BEEF SALE

While supplies last: to help clear out our inventory from the beef processed in May, we are offering a discount on our grass-fed, grass-finished ground beef for the next two weeks or while supplies last. Offer includes both 1 lb chubs and pre-shaped patties. To take advantage, please place an order through our online store or give us a call or text. 715-905-0431

Take 10% OFF 10 lbs or more

Take 15% OFF 15 lbs or more

[Go to \[wegrowfoods.com/store\]\(https://wegrowfoods.com/store\)](https://wegrowfoods.com/store)

REUSABLE BAGS

Please remember to bring your We Grow bags back to your pick-up site each week. If you forget or have someone else pick-up in your place, no worries, just bring two the following week.

VEGGIE HUMOR

Why was the salad so tired?
It was tossing and turning
all night!

FOLLOW THE FARM:  

BEANS

The beans inside the high tunnel have reached the ceiling and we have found ourselves employing the step ladder to reach to top of the trellis. Where the vines have a rafter angle support, they are growing even higher.

This week we are featuring three varieties, mixed together. There are green flat podded, pole variety called Seychelles. An heirloom green round pole bean Kentucky Wonder. And our favorite flavored bean for fresh eating, Rattlesnake with flat green pods speckled with purple stripes. The purple streakings said to resemble the markings of a rattlesnake. There is such a sweet aftertaste in the fresh rattlesnake beans that rarely do these make it in our cook pot. Interestingly, purple fades and beans turn dark 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.



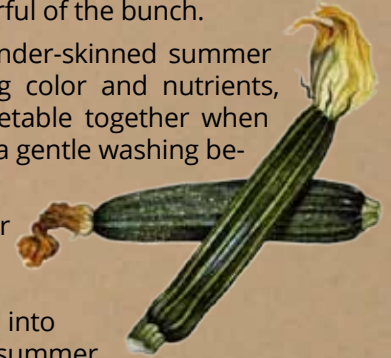
ZUCCHINI

Just so we are all on the same vocabulary page, zucchini are a type of summer squash. Zucchini can be green, yellow, mottled green, or striped. Summer squash includes yellow crooked neck, yellow straightneck and patty pan types. For those who enjoy patty pan and straightneck summer squash, please just request a swap when you pick up your share. These specialty varieties will become available after this week.

It doesn't officially feel like summer until summer squash start inundating us with their bounty. The first to ripen are some of our favorite varieties of zucchini: Green Machine and Dunja (smooth dark green), Costata Romanesco (ribbed with light and dark mottling), Green Tiger (smooth with dark light green stripes), Grey Zucchini (mottled light green) and Yellowfin. In our blind tastes test, 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 hold the vegetable together when cooked. Just give the squash a gentle washing 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 low heat. Don't forget you can "noodle" zucchini as a tasty, quick cooking replacement for pasta. In our kitchen, we have fun cutting in half the long way and using it as a pizza crust. Just sear or grill the inside before adding your toppings.



eat the rainbow

CELERY STALKS + LEAVES

Our celery is getting better! It is a crop we have always struggled with, but this season we are babying it with our best location in the field, extra fertilizer and lots of water. It is finally growing how we would like!

Fresh, home-grown celery has incredibly strong flavor. You might want to take this into account and use it differently than store bought celery. If using as a flavoring, figure you will need about 1/4 the amount in your recipe. This amazing flavor makes it perfect for making stock.

Celery is very good for the stomach. It stimulates mucous secretions in the lining which can prevent tiny holes from forming and repair ulcers. Count on celery to prevent inflammatory reactions in the digestive tract and blood vessels. This means you won't feel as bloated or uncomfortable. It also means celery can help lower high blood pressure and high cholesterol.

Store celery in the jar with a bag over or just in a bag in the crisper. In our kitchen, we dry the leaves in a dehydrator and freeze chopped stems to use in soups and casseroles all winter long.



GARLIC BULBS

One of our favorite crops is garlic. It is the only crop we grow that is fall planted and overwintered on our farm. This first variety to reach maturity, Ontario, was also the first to "scape."

These early bulbs are considered fresh because they have not been dried and this makes them easy to peel. They will also have a brighter flavor and release that flavor more quickly than the dried counterpart. You can either allow your garlic bulb to dry or keep fresh and moist in your fridge. Dried garlic will last for months in cool, not refrigerated storage.

