



CAPTURING CARBON

This week, we attended a film screening of a documentary released in 2020 called *Kiss the Ground*. In summary, the film highlights topsoil loss and features a number of activists, scientists, farmers and politicians who are turning to regenerative agriculture to save the planet's important resource.

Some staggering statistics set the stage to get us to think about the importance of our farming techniques and the role it plays in keeping carbon out of the atmosphere. According to Rattan Lal, director of Ohio State University's Carbon Management and Sequestration Center, the world's cultivated soils have lost between 50 and 70 percent of their original carbon stock, much of which has oxidized upon exposure to air to become CO₂. Absent carbon and critical microbes, soil becomes mere dirt, a process of deterioration that's been rampant around the globe. Many scientists say that regenerative agricultural practices can turn back the carbon clock, reducing atmospheric CO₂ while also boosting soil productivity and increasing resilience to floods and drought. Such regenerative techniques include planting fields year-round in crops or other cover, and agroforestry that combines crops, trees, and animal husbandry.

Better understanding just how much carbon can be held with the soil layer, restoration programs have been initiated in places like the former North American prairie, the North China Plain, and even the parched interior of Australia might help put carbon back into the soil and reduce the carbon in the atmosphere.

As a small farm, we play a micro-role in the soil sequestering cycle. But put all of our tiny farms together and the pool gets significantly larger. Collectively, small farm are making a difference. The subtle shift in the discussion about global warming, which has been heavily focused on curbing emissions of fossil fuels is the take away for us. A closer look at bringing carbon back into soils brings a sharper focus on the importance of soil health. Not only to offset fossil fuels, but also to feed a growing global population.

Hoarding dead plants,

eric + rebecca

IN THE BAG

New Red Potatoes

Zucchini

Cucumbers

Kohlrabi

Lettuce

Pac Choi

Garlic Bulb

Spring Onions

Slicing Tomatoes

Parsley/Herb Bunch

Green Beans (*larges*)

ITEM EXCHANGE

If there is something you are wanting to try or avoid completely, please let us know when you pick up your share. We will gladly make an exchange for you for something of equal value.

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

VEGGIE HUMOR

Why did the tomato stay after school? To ketchup on its schoolwork.

FOLLOW THE FARM:



HEIRLOOMS & SLICING TOMATOES

Our high tunnel slicers are finally starting! We grow a huge variety of tomatoes - 18 different slicing varieties alone. If you have only ever purchased them at the store, you were limited to maybe three types. Prepare yourself for a flavor explosion.

Our favorite for flavor is Berkeley Tie Dye. It starts green with light stripes and turn dark pink with green stripes. As with all tomatoes, give it a squeeze test. When there is a little give, like a peach, it is ready to eat. Don't wait for the Cherokee Green to change to red. It is a large green beefsteak type with a yellow/gold overtone. It has quickly become our farm favorite for flavor as well.

Black Krim is pink on the bottom and green shoulders on top. Waste not - 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 green crunchy top.

Many of our larger tomato varieties include heirloom types that are imperfect featuring odd shapes, cracks and tender skin that would never make it across the country.

All tomatoes should be stored out of the fridge unless, of course, they have been cut up or cooked. Tomatoes will continue to ripen as they sit at room temperature. Use the pressure test to feel for softness when determining ripeness no matter what color your fruit. You are waiting for a little give like a ripe peach.

Cherokee Green

HEIRLOOM VS BEEFSTEAK: While we might be quick to call any large, imperfect, great tasting tomato an heirloom, this isn't necessarily true. **"Heirloom: 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."** Many of our strange looking slicing tomatoes are in fact modern day crosses between heirlooms and modern hybrids.

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 new red potatoes.



Berkeley Tie Dye

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. They are not cured for long term storage. 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, 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 baby reds.

More specifically, this week's spuds are called Red Prairie. The organic seed stock came from Vermont Valley Community Farm in southeast Wisconsin. Red Prairie is the name of a trial variety we had on our farm for several years as part of the UW Madison Seed to Kitchen Trial Program. It was named WR4105 then. We loved it then and are happy to see it now named and grown farms across the continent.

We Grow is taking part in the UW Madison potato trials again this season. We are growing a large amount of a new red variety for which we have been asked to help find a name. Watch for this variety coming along in your shares. We will be asking for help.

PAC CHOI

We met this vegetable back in week three. We usually plant it again late in the season to allow it to grow into the cooling weather which slows growth and give us several weeks to harvest when needed, but that has not turned out to be the case this season. So it is ready a bit early.

This super nutritious, Asian, cruciferous vegetable deserves a spot on your plate. Chinese, Philippine, and Thai recipes often call for chopped Pac Choi greens. Recipes can also be found using the term bok choy, which is nearly identical. In our kitchen, we most often use it in stir fry. But it is also a favorite in cold Asian salad and added to our summer lettuce salads. Get creative and let others know what you're cooking on our private Facebook group which can be found at [facebook.com/wegrowfoods](https://www.facebook.com/wegrowfoods).

