



Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Box 1, June 7, 2018

BOX CONTENTS

Kale
Lettuce Mix
Spinach
Radishes
Green Onion
Mint
Asparagus (some sites)
Green Garlic
Basil Plant
Rhubarb



Please bring a bag or box to transfer your food at your pickup site. Please do not take the black plastic totes home with you. They cost about \$8 with the lids and we need to have them stay in good shape and we need some for next week as well. There is one bag covering each box that can be used as well.

RECIPES LINKS ARE BELOW!!

Welcome to week 1 of your Sprouting Acres Main season CSA! It has been a roller coaster ride weather wise with snow in April for skiing, rain for weeks, and 90's and humid just to remind us that this is Wisconsin. The last few days have been great for working other than the unexpected thunderstorm this morning. The cool weather and timely rains have been great for us to work in and great for the plants to get comfortable in their new locations.

We are almost done putting in the tomatoes out in the field and the hoophouse tomatoes are already strung up and climbing. Hoophouse cucumbers go in this week (especially if it's raining on Friday). The onions are starting to bulb up a little and the kale, chard and collards are getting big. The spinach is huge and delicious and our first batch of lettuce is finishing up right in time for the second planting to plump up. The green garlic is almost done but don't worry, we should be picking garlic scapes (flower stalks) for next week's boxes. We use the green garlic just like you would use garlic but our favorite way to use it is for green garlic pesto. Check out the recipe on the next page.

Well, we decided that if we didn't book an event for our new event space we would never get it done. So, we have our first event, on July 7th! We will be hosting Gather Madison for their farm dinner which will benefit Fairshare CSA coalition which we are also a part of. You can check out their Facebook page here...[Gather Madison](#).

We figured we would get our butts in gear and get the space done if we had a deadline. Well now we do and it's approaching quickly. Andy and Kelly started working on the big barn wood wall last weekend and Andy with some help from a neighbor has been trying to get it finished up. Check out the pics below. It's a big beautiful wall and we got to re-use wood from the corn crib we tore down last spring. We have electricity hooked up and all the plumbing works! The drywall is getting finished up in the next couple weeks with paint to follow right after. The pizza oven won't be done in time but we will for sure have some of it started. It's all coming together and we are so excited to get in there to make some really great food for dinners, markets, and pizza nights. We can't wait. We hope you will join us all season long for events.

On that note, we will be throwing our make-up fall farm party the week after the Gather Madison event. We will be grilling out on Sunday the 15th of July. We will provide beverages but we ask that you bring a side dish to pass. If you have something special you want grilled bring that along too! We will have grilled veggies, hot dogs, sausages, brats and more! Bring the whole family. We will tour the new building, the farm and just have a good time. Have a great weekend and enjoy your veggies.

*Sprouting Acres mailing address: 116 N. Morris St. Stoughton, WI 53589
Our email: andy@macwatson.net · Andy's cell: 608-469-2319*



The barn wood wall is halfway done!

Tomatoes, Peppers, and Eggplant field



Massaged Kale Salad...

<https://nutritionstripped.com/massaged-kale-salad-three-ways/>

More kale ideas...

<https://hilahcooking.com/how-to-cook-kale/>

<https://www.healthyseasonalrecipes.com/kale-with-cider-vinegar/>

<https://www.goodhousekeeping.com/food-recipes/healthy/g1436/easy-kale-recipes/>

<https://cookieandkate.com/2014/12-favorite-kale-salads/>

<https://www.bonappetit.com/test-kitchen/cooking-tips/article/11-quick-and-easy-ways-to-cook-with-kale>

Mint Vinaigrette...

<http://www.eatingwell.com/recipe/251234/mint-vinaigrette/>

<https://www.delish.com/cooking/g1130/mint-recipes/>

Rhubarb Yogurt Popsicles!!!

<https://theviewfromgreatisland.com/rhubarb-and-greek-yogurt-popsicles/>

Spinach recipes...

<https://www.saveur.com/best-spinach-recipes>

<https://www.cookstr.com/Vegetable-Recipes/Chickpeas-with-Spinach>