



# Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Box 1, June 7, 2018

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Spinach  
Radishes  
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Strawberries (some sites)  
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Green Garlic  
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Kohlrabi



We will be trying something new with the boxes next week (week 3). We will be bagging the veggies in the black totes and family shares in one big bag. You can pull the bag out and take the whole thing home. This will help keep the veggies fresh and it will also keep our totes clean. We spend way too much time washing totes. We will be eliminating the bags that we set on top since it will all be in one

RECIPES LINKS ARE BELOW!!

Welcome to week 2 of your Sprouting Acres CSA. We have had some really nice weather the last couple of days, minus some humidity. We are still working on getting plants in the ground and the ones that are planted are looking great with all the rain and heat. We direct seeded some veggies last Friday right before the rain and some of those crops are already up and growing. Our first crop of outside lettuce is sizing up and should be ready for next week. The lettuce that was in the spring shares and these first two boxes has all been out of our hoop house.

We are also pulling the carrots out of that same hoop house. They will be plumping up over the next two weeks while we dig them out and they are tasty. One of the crops we reseeded outside last week were three beds of carrots. Carrots are really tricky to keep weeded because they are slow to grow and sometimes the weeds can grow faster but you can't weed without accidentally pulling out the little carrot seedlings. So we use a flame weeder. We try to plant in a bed that is shaped and marked for planting leaving small weeds on the surface. Then we hope for a little rain, which we got, and go over the whole bed with a propane torch that is about two feet wide. It was thick and lush with baby weeds last week, it got torched yesterday and today it looks like nothing but black soil. The next few days we will keep our eyes peeled for baby carrot seedlings to push through the soil with no weed competition. This method is also great because it isn't disturbing the soil like a tiller does which brings more weed seeds up to the surface. It's also fun to burn!

This week we are giving you the last of our green garlic as well as the next garlic treat. We start picking scapes, or the flower stalk off of the garlic plants. They are the skinny little curly green shoots. This helps the bulb fatten up and it's also delicious. We like to pickle them with other veggies as well as making scape pesto. We eat the whole thing and use it like you would garlic in any dish.

The kohlrabi is the little green or purple round vegetable with a few leaves coming off the top. It is great mixed with grated apples or just sliced up in little disks. Check out the recipes on the next page.

Our green onions are starting to plump up and they will be the size of golf balls in the next couple weeks then once the summer solstice happens they really plump up. You can still eat the whole onion from top to bottom. We like them marinated in oil and vinegar then tossed on the grill.

Don't forget to read the next page and don't forget to try something new this weekend.

Enjoy your veggies!!!

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The wall is now done!!!!

We put white plastic on our pack shed and it's so much cooler inside!



Send us your favorite recipe links and we will put them in our newsletter! We want to know what you like to cook and eat.

Swiss Chard Recipes...

<https://www.bonappetit.com/recipe/sauteed-swiss-chard-with-garlic-and-lemon>

<https://www.chowhound.com/recipes/swiss-chard-with-lentils-and-feta-cheese-30566>

<https://www.tablespoon.com/recipes/swiss-chard-with-garlic-and-bacon/0a6f82b7-c09e-4d65-af5c-0b8c4e0d34ea>

Grilled Green Onions...

<http://muybuenocookbook.com/2014/07/cebollitas-asadas-grilled-green-onions/>

Green Onion Vinaigrette...

<https://meatified.com/green-onion-dressing/>

Carrot Top Pesto...

[https://www.simplyrecipes.com/recipes/carrot\\_top\\_pesto/](https://www.simplyrecipes.com/recipes/carrot_top_pesto/)

Garlic Scape Pesto with pasta...

<https://www.epicurious.com/recipes/food/views/pasta-with-garlic-scape-pesto-395769>

Other garlic scape recipes...

<http://www.spoontangkitchen.com/blog/2015/6/20/quick-pickled-garlic-scapes>

<https://www.bonappetit.com/test-kitchen/ingredients/article/garlic-scapes>

## **It's Party Time at the Farm**

We will be grilling out on Sunday the 15<sup>th</sup> 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. 12-4 p.m.

