



Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Box 4, June 28, 2018

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Napa Cabbage
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Broccoli



Napa cabbage or Chinese cabbage will hold a long time in the fridge if wrapped tightly in plastic. When it's time to use some, just peel off the outer leaf if dried looking and toss. Then the inside should be nice and crisp. It will keep for weeks wrapped up!

RECIPES LINKS ARE BELOW!!

Welcome to week 4 of your Sprouting Acres CSA. Well, it rained again. It rained today. I think it's done for a while. The forecast for the next week looks dry, for now. We are happy though. We were able to get a lot of plants in that we had been needing to plant on Monday. We planted all day and got almost caught up. We are never caught up though. There is always something to be tilled, weeded, planted, seeded, repeat. We really don't stop seeding greens until September. We have some extra beds so we will be planting as much as we can over this dry period as well. We were able to get our cucumber beds in the hoophouse planted at least while it was so wet out.

We have also progressed in our events building too! The painter is finishing walls as I type this newsletter and will finish the kitchen next week (which is much smaller). We will start moving things from our garage and storage this weekend into the big room in the new building while the painter finishes the kitchen. We have a few large pieces to move (may require movers) from storage and lots of kitchen equipment that is taking up space in the garage. We hung the lights today as well as the ceiling fan and the public bathroom has light and vent fan. And most importantly, it has a door! Don't forget that we are having a party on July 14th to make up for last fall's farm party and to show off the new space. We also want to get you to the farm in mid-season to get an idea of what it's like before the end of the season which is when we normally have a farm party.

We do have some sad news to report. The rain wreaked havoc on the last picking of strawberries and they didn't make it. They were all mushy, rotten and too soft to pick. We know not everyone got them and we hoped that wouldn't happen but we didn't have much control over it this season. Thanks for sticking it out with us through this crazy weather!

Have a great weekend and enjoy your vegetables!

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It's Party Time at the Farm

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. 12-4 p.m.



Please let us know what you like and don't like about the big bag around the produce this week. We have been discussing it all week and whether or not it's a good idea. We like the idea of the bag liner and keeping the totes clean but we don't love the idea of more plastic to hold the veggies in the plastic! We decided to trial it this week and maybe next to see how it goes. Let us know what you think!

Napa cabbage recipes...

<https://www.sheknows.com/food-and-recipes/articles/809695/8-things-to-do-with-napa-cabbage>

<https://www.foodandwine.com/recipes/stir-fried-napa-cabbage-spicy-garlic-dressing>

<https://www.tablespoon.com/recipes/sesame-soy-napa-cabbage-slaw/857106ad-44ed-484f-893d-c581a4c9d3d6>

Beet Salad...

<https://thestayathomechef.com/beet-salad/>

<https://www.trialandateater.com/roasted-beet-salad-honey-balsamic-vinaigrette/>

Swiss Chard Recipes...

<https://www.thekitchn.com/recipe-swiss-chard-with-garbanzo-beans-249801>

<http://www.eatingwell.com/recipe/251809/stuffed-chard-with-fresh-marinara/>

Yummy Swiss Chard Gratin...

<https://www.wholefoodsmarket.com/recipe/swiss-chard-gratin>

Remember that all produce will last longer in the fridge if wrapped in a bag, plastic wrap, or in a tight lidded tupperware. Vegetables are full of water and a fridge uses the removal of water (dehumidifying) to help keep the temperature down. So the first head of celery you leave unwrapped usually gets limp and loses its crunch within a day or so. The crisper isn't enough of an air barrier to keep vegetables crisp. They should still be wrapped up.

Wrap your veggies!!!!