



Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Box 5, July 5, 2018

BOX CONTENTS

Cherry Tomatoes
Mint
Napa Cabbage or Green Cabbage
Head Lettuce or Salad Mix
Kohlrabi
Spring Onions
Zucchini/Summer Squash
Garlic Scapes
Kale
Broccoli



Welcome to week 5 of your Sprouting Acres CSA. Happy fourth of July! It's kinda weird having it in the middle of the week but I guess we can't change that or the weather. Dang, it was hot today! A couple of us though we could beat the heat and got to work around 7. Not a chance. I think it was 85 at least by 8. We had a great crew and got food harvested before noon. Then we grilled out, drank a beer in the cool air of the new event building and went home. It was quite a day. At least the ground is wet in most places which will make it bearable for the plants.

We are still struggling to get crops weeded after all the rain and we are seeing some more disease pressure on some crops. Not as much as we thought there would be but we found out a really delicious new kale we are trying does not like to be wet that long. Of all our leafy greens, the new kale is the only one with brown crispy leaves. We will have to cut them all the way back to see if we can prevent it from spreading to the other varieties or remove it all together. This is exactly why we don't just grow one type of kale, or tomato, onion, or really any other crop. It's just too risky. Some plants are better with rain, some with heat, some with cold, and some can tolerate all. There aren't a whole lot of vegetables that can handle all the elements in their extremes though. The broccoli variety we grew this spring was supposed to be heat tolerant but the heat we have had over such a long period of time was too much. So, some of the broccoli this week looks like some florets grew faster than others. It still tastes great, I just looks funny. Don't laugh it, vegetables have feelings too.

We are getting close to having peppers, tomatoes and eggplant so hang in there! The summer veggies are coming. The lettuce will take a bit of a break while we replant but it will be back. Have a great weekend, the weather looks great, and make something new this week!

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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.

The farm address is
1746 Hwy 73
Cambridge, WI 53523

The dog days of summer.....



Andy nailing in the beam boards this week.

Cabbage Recipes...

<https://realhousemoms.com/parmesan-garlic-cabbage/>

This recipe would work for Napa cabbage as well, just don't cook the cabbage as long.

Broccoli Ideas...

<https://www.thekitchn.com/how-to-cook-broccoli-5-ways-167323>

<https://www.rachelcooks.com/2013/09/20/roast-broccoli-best-broccoli-ever/>

Mint...

<https://smittenkitchen.com/2012/06/chopped-salad-with-feta-lime-and-mint/>

How to drink your mint...

<https://www.saveur.com/gallery/12-Mint-Cocktails>

Other mint ideas...

<https://www.thespruceeats.com/yogurt-mint-salad-dressing-2217074>

Kale recipes...

<https://www.epicurious.com/ingredients/all-kale-all-the-time-gallery/list>