



Sprouting Acres Spring Newsletter

Great Food, Grown For You · Sprouted in 2003

Box 8, July 26, 2018

BOX CONTENTS

Cherry Tomatoes
Eggplant
Fresh Garlic
Yellow Onions
Red Onions
Zucchini/Summer Squash
Plum Tomatoes or Heirloom
Green Peppers
Cucumber
Basil
Collard Greens or Kale



Welcome to week 8 of your Sprouting Acres CSA. The forecast for the next week looks great! Sunny with temps in the upper 70's will make everything grow. We also got about 2" of a good, soaking rain before the weekend so plants are happy. The tomatoes are ripening up every day, the cucumbers are climbing and the beans are in baby bean stage.

We pulled out all the garlic this week and it is in the greenhouse drying or curing. The curing process dries out the skins which then protect the garlic so it can be stored for long periods of time. We have two varieties this year. We have a big German hardy white variety and the other one is Spanish Roja. The Spanish Roja has some purple coloring to it and peels very easily. The German variety tends to have large cloves with about 4-6 cloves per bulb. Some people wonder why garlic can fetch \$1.50-2.50 per head. Garlic gets planted in late October by hand, root side down, about 6-8" apart. It gets a thick layer of straw mulch to keep the moisture up and weeds down. The straw also keeps the ground insulated which keeps the ground temperature from freezing and thawing over and over, which can heave the garlic right out of the ground. Then it sits for almost 9 months until we harvest it. It is by far the one plant that sits in the ground the longest. The garlic is not cured yet so you can either toss it in the fridge or leave it on the counter. The curing also intensifies the flavor.

The potatoes are flowering which means just a couple weeks away from baby potatoes. The winter squash is also a bit ahead of schedule(crazy weather) so we may have some early squash in August which would be great! The green and yellow beans are also plumping up as well so hang in there, summer produce is coming!

Have a great weekend and enjoy your veggies.

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We will have more fresh celery in a couple weeks and we will make sure it makes it into the even boxes since it was in box 7.

The cucumbers this week are a variety called Picolino. They are a miniature seedless variety that is so crunchy and delicious our kids are eating every one we bring home. They also need to be wrapped well in the fridge to keep from getting soggy. We just replanted some larger seedless cucumbers in the hoop house. There was an open bed towards the center of the hoop house so we can have a late crop of big, sweet cucumbers towards the end of the summer.

The green peppers are just unripe, colored, sweet peppers. They are great grilled, stuffed or sautéed. They will end up turning red, yellow, and orange in the next few weeks. There may be some yellow/pale green peppers in the boxes this week as well. These are all sweet peppers. If we include a hot pepper or two, they will be much smaller and you will be able to tell from the shape. Most sweet peppers are either bell shaped or horn/pointed shaped.

The garlic was just pulled out of the ground so it has not been dried, or cured yet. You can enjoy it now or let it sit on the counter for a couple of weeks. Letting it cure will concentrate the flavor by drying it a little. We suggest enjoying it as is since you will be getting more from us over the rest of the csa season that will be cured already.

[Cucumber ideas...](#)

[More things to do with cucumbers...](#)

[Roasted zucchini and eggplant](#)

[10 ways to use collard greens](#)

We are keeping the recipe ideas short this week. Try to do some searching on your own, try experimenting as well. All recipes started off without a recipe. Make a mixed grilled vegetable salad with a home made basil vinaigrette, make a hearty onion soup now that the weather is cooler, make something new, make something you want to make again and have fun doing it.

