



Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Spring Box #2, May 17, 2018

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Kale
Baby Lettuce Head
Lettuce Mix
Radishes
Spinach
Asparagus
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Chives



If you are not going to eat the kale right when you get it, you should put it into a bag to keep it from wilting too much. It is not quite adult sized and can be chopped up and eaten raw in a salad as well.

We planted a couple of different kales this season and we hope that you love them as much as we do.

RECIPES LINKS ARE BELOW!!

Welcome to week 2 of your Sprouting Acres Spring Share. We finally got a day that was dry enough to plant! We are getting close to caught up with planting but by next week we will be back to being about a week behind. The rain was needed but too many days of rain make it hard to get things done. There are not enough hours in the day at the farm but we made a little progress this week and hope to get a lot done before the rain that is coming on Sunday! Funny thing is, we really want the rain by Sunday since we are putting so many plants in the ground this week. We want it all, just at the right times.

Well the hoopouses are still pumping out produce for us even in the warmer weather. We have lots of lettuces sizing up quickly. We grow a great little variety of lettuce called Salanova that we can put in the boxes like a head or we can trim the stem and have dozens of baby leaves to mix together for salad. You will get both in this week's box. The mix of colors and textures that are available make a really beautiful salad mix that tastes great too. We have spinach this week from inside the hoopouse and the outside spinach is sizing up too.

The asparagus was slow to start so there is just a little this week but it should really come up fast now with the nice weather. The new asparagus are up as well and but they are about the size of pencil lead. We will pick it very lightly next year then be able to pick heavier the year after. It's in a great location that is sloped and facing south so it should really warm up and thaw quickly in the spring for early asparagus. The radishes got a little big this week but are still delicious. We included the greens since they are edible. We put a recipe for the greens below in the recipe link section.

You will be getting more green garlic because it is such a versatile vegetable. It can be chopped up and used just like garlic or made into pesto which is our favorite. We spread it on toasted baguette slices or with cheese and ham for little open faced sandwiches. It also is great added to pastas or as a topping for steaks and chicken hot of the grill. Mix it with some soft butter, roll it into a tube in some wax paper or parchment paper, toss it in the fridge to harden, then use it anywhere you want some garlic flavor. You can't go wrong with that recipe.

The thyme plant can squeeze into a vegetable garden or even in your front flower garden. It is very fragrant, goes with a lot of different dishes and can handle being pruned every two to three weeks for a harvest all summer and into the winter. It will work well on the outside of a patio container as well.

We hope you make some great food this week. The season is just getting started and there is a lot more to come! Have a great weekend.

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Kitchen tools we can't live without!

Andy has worked in restaurants starting when he was about 15 years old and has used many a kitchen tool. Every couple of weeks we will let you know some of his favorite tools and what they are used for.

The mandoline.

If you don't own a mandoline yet you are missing out! This is not the musical instrument but the device that lets you slice paper thin cuts of almost any vegetable. It turns a radish into twenty little pieces of veggie art that you can toss into salads because who wants a whole or half radish in a bite of salad. They work great for carrots, radishes, cucumbers, apples, potatoes, sweet potatoes, and almost anything else you can think of.

There are many different kinds so make sure you check out the features. Some of protective knobs or guides that keep your fingers away from the blade (very important) and some have blades that will slice in smaller pieces or cross cut. Whatever you get, remember to be careful using it! It's a great little device that can make a salad or side really look great just by the cut. This is the one we own.



Our favorite, Green Garlic Pesto...

<https://www.thespruceeats.com/green-garlic-pesto-recipe-2217490>

Green garlic compound butter...

<https://cooking.nytimes.com/recipes/1017437-green-garlic-toast>

Radish Sandwiches...

<https://www.splendidtable.org/recipes/radish-sandwiches-with-butter-and-salt>

Tabbouleh salad with pickled radishes...

<https://www.foodandwine.com/recipes/quinoa-salad-with-pickled-radishes-and-feta>

Salad with citrus vinaigrette...

<https://www.foodnetwork.com/recipes/michael-chiarello/mixed-green-salad-with-whole-citrus-vinaigrette-recipe-1941822>

Spinach ideas...

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

Grilled asparagus...

<https://therecipecritic.com/perfectly-grilled-parmesan-asparagus/>

Please check the newsletters each week even if you will not be continuing the summer share with us. You are still a member for the season (and hopefully future seasons) and we want to make sure you are able to attend any events we have or if we have any other news. You can also check the news/blog area on the website.

www.sproutingacres.com

