



Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Spring Box #3, May 24, 2018

BOX CONTENTS

Kale
Baby Lettuce Heads
Lettuce Mix
Spinach
Asparagus
Rhubarb
Swiss Chard
Mustard Greens
Green Garlic



One of our favorite ways to eat chard is just chopped up roughly and slow cooked in butter with a little salt and pepper. It's also great sautéed with scrambled eggs or wilted and stuffed with grains, cheese, meat, rice, or anything else you can think of. Check out the recipes on the next page to get some good ideas on how to use chard and the other veggies this week.

RECIPES LINKS ARE BELOW!!

Welcome to week 3 of your Sprouting Acres Spring Share. I think we mentioned last week that we were able to finally get a dry day to plant. That was true, then it rained for four days! We got a little planted today and we have big plans for putting in tons of summer crops in the ground after the soil dries out and can be tilled. We think by Monday we will be close to caught up with planting. Then a week later we will have more to put in! We were thinking today that even though it's been hard to get things planted, the things we have in the ground already are doing really well and have not needed any extra irrigation.

The kale and Swiss chard is really getting big so we will have both in the boxes this week. The rhubarb also bounced back for this week. Our asparagus bed has seen better days but we were able to get enough out for all the boxes and we are very happy that we decided to plant the new asparagus field this season. All the little baby spears are up and looking great. They're just the size of ink pen refills so it looks kind of funny.

We had a busy week. We planted our heirloom tomato hoophouse this week with lots of great heirlooms and they are ready to tie up. We prune them to a single stem or runner then twist them each week so they can grow around the string and as high as 10 feet or farther. They grow pretty quickly in the hoophouses and usually produce almost perfect tomatoes. Some of the heirlooms are still quite ugly but that's how we like them. We prepped the cement slab area for the pizza oven and grill area this morning and are having cement poured in tomorrow morning. We will also have the electrician hooking up the whole building tomorrow as well. That's a lot of big things we can knock off the list. The list just grew about two more pages but we still feel pretty good about it getting done.

On that note, we are moving right along with the kitchen building project. Some door frames, window frames/sills are getting put in during our spare time. We are hoping most of the mudding and finishing work on the drywall happens next week and since the electrician is coming tomorrow we should have lights! The plumbing is complete and we booked a farm dinner for a local non-profit the first week in July.

We are thinking we will have the Spring farm party open house the last weekend in June. I will send out an invite so we can get an idea of how many people are coming. We can't promise the pizza oven will be done but we will for sure be eating good food, getting a tour of the building, the farm and just relaxing. We hope you can make it! We are very excited to show off the new project and some new things around the farm.

Have a great weekend, stay cool, and enjoy your veggies!!!

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Tomatoes in the hoophouse start to finish.



The pizza oven/grill cement slab area all ready for cement. New pics next week!

Chard recipes...

<https://www.bonappetit.com/recipes/slideshow/swiss-chard-recipes>

<http://www.cookinglight.com/food/recipe-finder/swiss-chard-recipes>

Chard with butter...

<http://www.geniuskitchen.com/recipe/sauteed-swiss-chard-dont-be-afraid-232055>

Kale recipes...

<https://www.goodhousekeeping.com/food-recipes/healthy/g1436/easy-kale-recipes/>

<https://www.bonappetit.com/recipes/slideshow/kale-recipes>

Green garlic ideas...

<https://www.loveandliveoil.com/2017/06/green-garlic-soup-redux.html>

<https://www.serious-eats.com/recipes/2012/06/alice-waters-spaghetti-with-green-garlic.html>

Asparagus recipes...

<https://www.foodandwine.com/recipes/spring-lettuce-salad-with-roasted-asparagus>

<https://www.epicurious.com/recipes/food/views/asparagus-salad-with-sweet-balsamic-vinegar-4807>

<http://www.strawberryplum.com/asparagus-spinach-chevre-tart/>

Mustard Greens...

https://www.simplyrecipes.com/recipes/mustard_greens/

<https://www.marthastewart.com/340880/mustard-greens-and-sweet-onion-saute>