



Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Spring Box #4, May 31, 2018

BOX CONTENTS

Kale
Lettuce Head
Lettuce Mix
Spinach
Asparagus
Swiss Chard
Cherry Tomato Basket
Green Onion
Mint



If you did not get the email from us this week about the main season shares please let us know. We want to make sure your email is up to date and that you get your main season shares without any problems.

If you want to come out to the farm to work a shift, let us know. We have a to do list longer than life and would love some help!

RECIPES LINKS ARE BELOW!!

Welcome to week 4 of your Sprouting Acres Spring Share! This is the last week of the Spring Shares. If you purchased a main season share from us they start next week or the week after depending on the type. We will resend the email that went out this week with pickup information.

We have been trialing cherry tomato hanging baskets and other veggies at the farm and we wanted you to get in on the trial as well. This week we are including a cherry tomato basket for your house. The variety is called Lizzano and it's supposed to stay more compact which makes it work well for a basket. We put slow release fertilizer in the bottom of the pots but if you want it to keep producing all summer you should put some of your own fertilizer in by mid-June. They need full sun but remember that they will also need water almost every day. We potted some up before we did yours and they have good sized fruit already so yours are not too far behind.

We have been busy getting fields ready for summer crops and trying to get plants in the ground before storms. This last week we were able to get most of the beds tilled up and we also put zucchini, patty pan squash and all our winter squash in the ground. Then it poured. Good timing. We are hoping to get back out in the field on Friday after it dries a bit to get tomatoes, peppers, and eggplant planted. We put all of those crops on landscape fabric with drip irrigation to help hold moisture, hold back weeds, and for general cleanliness. Tomatoes are very susceptible to soil borne diseases that can end the season early if not prevented or controlled. The fabric keeps soil from splashing back up onto the plants in a heavy rain like we had yesterday.

Our kitchen building project is on schedule to open this summer and we have booked a party in July for a Farm to Table dinner. The group will be donating the money made to the Fairshare CSA Coalition in Madison and we are happy to have the dinner in our new building. We also poured the concrete last week for our pizza oven/grill area and now have electricity in the building. Drywall mudding and taping is getting finished up soon and we are putting up our last barn board wall.

Look for the Spring Farm Party invite over the weekend. We want you to be able to see the farm while it's still in its early season stage as well as all the new things we are doing. Thanks for purchasing a Spring Share with us and we hoped you enjoyed all the great greens.

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

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Baby butterhead lettuce and pizza oven slab!

Pea trellis is up



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

Massaged Kale Salad...

<https://nutritionstripped.com/massaged-kale-salad-three-ways/>

More kale ideas...

<https://hilahcooking.com/how-to-cook-kale/>

<https://www.healthyseasonalrecipes.com/kale-with-cider-vinegar/>

<https://cookieandkate.com/2014/12-favorite-kale-salads/>

Swiss Chard...

<https://cooking.nytimes.com/recipes/11324-garlicky-swiss-chard>

Mint Vinaigrette...

<http://www.eatingwell.com/recipe/251234/mint-vinaigrette/>

Asparagus salad with mint...

<http://www.geniuskitchen.com/recipe/asparagus-with-lemon-and-mint-126827>

Spinach recipes...

<https://www.epicurious.com/ingredients/best-spinach-recipes-gallery/list>

<https://diethood.com/spinach-and-garlic-potato-patties/>

<https://www.cookstr.com/Vegetable-Recipes/Chickpeas-with-Spinach>