



Sprouting Acres Newsletter

Great Food, Grown For You · FOUNDED 2003

Box #2, June 8, 2017

BOX CONTENTS

Carrots
Lettuce Mix
Spinach
Kale
Asparagus
Garlic
Mint
Head Lettuce
Green (or red green) Onions
Basil Plant



This is the last week of the carrots out of the hoophouse. We need to make way for cucumbers!

RECIPES LINKS ARE BELOW!!

Hello and welcome to the week 2 of the 2017 Sprouting Acres Main Season. This is the second week for some but it is the first week for the even box numbered Every Other Week shares. So welcome to the first week (some of you). You can always check the website on the right side for the newsletters. They are there all season long if you needed to get a recipe for later on.

Today was a crazy day! We had our organic certification inspection all morning then raced to see our 10 year old son Wade graduate from 4th grade to a new school and 5th grade. It has been a crazy 10+ years especially when we started throwing kids into the mix but worth every minute. And someday maybe I'll have some extra workers☺

Well, we went from rain every three days to no rain for 14 plus days! So of course, we are starting to water like crazy. We have a mix of overhead sprinklers and drip irrigation. If we need a fast big soak with a short set up time, overhead works great. If we want a nice slow soak without getting foliage wet and no wasted water, then drip it is. The problem with the drip is we have to walk a line down almost every crop row, move it close to the root zone and some of the rows are 275' long. We are hoping for a sprinkle tomorrow but not even crossing our fingers at this point. The weekend looks like a scorcher too so we need to make sure the soil is plenty wet to keep things alive. 90F is pretty warm and most veggies do best in the 70's and low 80's. Summer in Wisconsin!

We have transitioned almost all of our hoophouse crops out and are finishing planting our summer outdoor crops. We hope to be done planting all that need to be by next week. We then start seeding more successions of the same crops. We will be seeding more lettuce, broccoli, carrots, beans in the next two-three weeks. Those will be planted out in July and early August.

The info below is similar to last week.

The carrots in the boxes this week were planted the last week of January and just started fattening up about two weeks ago. We love these early carrots for snacking and they are also great cooked. The garlic has just started to bulb out and you can see it in the stalks in the boxes. Because it is so fresh you can use almost all of it. Just trim off the top flat greens and you can use the rest for any recipe that needs garlic. The green garlic pesto recipe is our absolute favorite so don't forget to make a batch. The whole stalk is probably about one bunch of green garlic which is much smaller.

The basil plant can be put into a pot or right into your garden. Just pinch off the tips above the next growing points and it should provide for a good portion of the summer. The mint can be kept in a glass of water or in the fridge wrapped up. It is great torn into salads and even in vinaigrettes. The spinach may need a good rinsing before cooking and is very tasty right now.

Don't forget that all veggies need to be in some sort of a plastic or they will dry out and wilt in the fridge. The crisper drawer is fine but they should still be wrapped or bagged.

Thanks for joining us for this season. We couldn't do it without you and don't forget to check out the next page for recipe links. All of the newsletters are also available online at our website. www.sproutingacres.com

Thanks and have a great weekend. Make something delicious.

Sprouting Acres mailing address: 116 N. Morris St. Stoughton, WI 53589
Our email: andy@macwatson.net · **Andy's cell:** 608-469-2319



Green Garlic Pesto

Ingredients

- 1 bunch green garlic (the thick part of the fresh stalk works)
- 1/4 cup extra virgin olive oil
- 2 tablespoons toasted pine nuts, or other nuts you have on hand, such as walnuts or almonds
- 1/2-inch chunk of Parmesan cut into a few pieces
- Salt & pepper to taste

Preparation

Whirl the nuts and Parmesan pieces in the bowl of a food processor (or blender) for a few pulses. Cut the green garlic shoots into 1-2 inch lengths (remove roots). Drop in the garlic pieces through the feed tube as the food processor (or blender) is running. Add the olive oil until you achieve the desired consistency. Add salt and pepper to taste. Enjoy!!

Kale Recipes...

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

<http://www.cookinglight.com/food/in-season/kale-recipes>

http://www.forkly.com/food/10-creative-kale-recipes-that-go-beyond-salad/?utm_medium=cpc&utm_source=google&utm_campaign=FO_GGL_US_DESK&utm_content=search&utm_term=kale%20recipes

Salad ideas...

<http://www.foodandwine.com/recipes/oak-leaf-lettuce-salad-with-cabrales-and-red-grapes>

<http://cookieandkate.com/2017/20-epic-salad-recipes/>

<http://www.bonappetit.com/test-kitchen/ingredients/slideshow/lettuce-recipes>

<http://www.thekitchn.com/recipe-alice-waters-baked-goat-cheese-with-spring-lettuce-salad-recipes-from-the-kitchn-218919>

Mint Vinaigrette...

<http://www.eatingwell.com/recipe/248625/lemon-mint-vinaigrette/>

Other great mint ideas...

<http://www.delish.com/cooking/g1130/mint-recipes/>

Carrot Recipes...

Glazed carrots...

<http://www.thekitchn.com/how-to-make-glazed-carrots-225510>

<http://www.epicurious.com/recipes/food/views/spiced-carrots-230983>

<https://www.rachaelraymag.com/recipes/20-carrot-recipes>

<http://www.eatingwell.com/recipes/19295/ingredients/vegetables/carrots/>