



# Sprouting Acres Newsletter

Great Food, Grown For You · FOUNDED 2003

Box #4, June 22, 2017

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The garlic keeps getting bigger and bigger each week. Don't forget you can use the stalk except the very middles. Just chop it up!

RECIPES LINKS ARE BELOW!!

Hello and welcome to the week 4 of the 2017 Sprouting Acres Main Season. Happy Summer Solstice! The peas are fattening up and we should start picking next week for boxes. The onions all start plumping up after the days start getting shorter. We planted lots of different onions this year again. We put in standard red and yellows, torpedo, Ailsa Craig, two kinds of leeks, shallots, and a couple other varieties. We purchased one more batch of strawberries from Roots Down Farm for this week and we should be up and running with our own again next spring. The asparagus has come to an end with the warmer weather and we prepped it for its summer rejuvenation. We fertilize it and put in some winter rye cover crop that grows quicker than weeds and help smother them. Then the asparagus grows right through the cover crop of rye, branches out, makes a ton of shade and the rye dies out underneath, adding to the soil.

We are getting ready to start planting our fall crops in the greenhouse if you can believe it. The days are shorter in the fall and we need to take that into account when counting days to maturity. A cauliflower plant in the spring grows faster than it does in the fall. We can't plant things out too late in the summer or the days just aren't long enough to get the plants to mature. We also have to time the planting of some fall crops to replace the areas where crops like onions and garlic came out.

When we start harvesting garlic and onions, they go straight to the greenhouse tables with fans blowing all around them. This dries them out and removes the moisture from the greenhouse as well. Once the onions are cured which takes from 2-4 weeks, they get boxed up in wax boxes and stored somewhere cool until fall. Then they go straight to the cooler for long term storage. We still have a dozen or so onions that made it all winter, spring and now a bit of summer in storage.

The sweet potatoes have made it in the ground right before a nice rain and they are starting to look alive again. Every year we plant little sticks that are sweet potato shoots. They look half dead when we get them in the mail but after they are planted and a couple of good soakings, the leaves re-sprout and the plants take off. We typically harvest our sweet potatoes towards the end of September and into October.

Our summer potatoes are looking good as well. They are due for a weeding then we may begin to harvest some by the end of June. We planted two kinds this year. We planted a red and yellow variety. We try to keep them in the ground long enough to plump up but we also try to get everyone a pint or two of new potatoes as soon as they are ready.

Well, another week has gone by. Summer has officially begun, the days have started getting shorter, the temps are wonderful for working on the farm and we hope you are able to get out and enjoy them as well. Have a great weekend and enjoy your veggies.

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The pea shoots can be cut above the soil line and used in sandwiches, salads, or stir fries.



Garlic scapes are the curly pointed green things in the box this week. These will be around for the next couple weeks. They are the immature garlic leaves. We pick them off to promote more bulb growth. They are delicious used in any recipe for garlic but our favorite is to either pickle them or make garlic scape pesto which is great on pizza or in pasta. We love it mixed in with scrambled eggs. Here is the recipe for the scape pesto as well as some other ideas on how to use them.

<http://www.serious-eats.com/recipes/2010/06/the-crisper-whisperer-what-to-do-with-garlic-scapes-recipe.html>

Broccoli ideas...(just eat it) ☺

We'll get you more recipes as the broccoli starts to really come in. This week is just a taste of what's to come.

Lacinato Kale...

<https://norecipes.com/sauteed-kale-with-garlic>

<https://www.mynourishedhome.com/recipe/awesome-sauteed-kale/>

<http://www.thegardenofeating.org/2012/08/14-unbeatable-kale-recipes.html>

Pickled Garlic Scapes...

<http://www.serious-eats.com/recipes/2012/05/pickled-garlic-scapes.html>

Make a jar and then just toss it in the fridge. Don't worry about heat sealing the jar. They will stay good in the fridge for months.

Oregano ideas...

<http://www.sunset.com/food-wine/kitchen-assistant/fresh-oregano>

Lettuce wraps...

<http://www.cookinglight.com/food/recipe-finder/lettuce-wraps>

Did you know Andy has been teaching cooking classes in Stoughton for almost a decade! visit [www.shopthehouse.com](http://www.shopthehouse.com) to find out more about all the classes that are available. they are fun and there is wine, plenty of wine. ☺