



Sprouting Acres Spring Newsletter

Great Food, Grown For You · FOUNDED 2003

Spring Box #4, May 26, 2016

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Easter Egg Radishes
Sweet Baby Carrots!
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Asparagus
Baby Head Lettuces
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The special addition this week is baby carrots! We planted them in late winter inside one of the hoopouses and they thrived. They didn't have much weed competition with the cold weather and then they exploded in the last couple weeks just in time for the last Spring Box. We hope you enjoy them!

Welcome to the **last week** of your Spring Share with Sprouting Acres. Some of you may be continuing on with the main season with us. If you are not and you really want to, we still have room for the remainder of the main season.

We have been transitioning the hoopouses where most of your food has been grown to our summer crops. We switch over from greens to heat loving crops like tomatoes, cucumbers and celery. These all grow great outside but they do so much better inside protected from the elements. We have also been planting outside like crazy in anticipation of the threat of rain. Today it rained for about 20 minutes and only after we had already turned on the big irrigation. We are hoping for a bit more rain over the next few days but not crossing our fingers.

This week you will see some new lettuce heads. We have a beautiful green variety that just sized up called Emerald Oak. It is sweet and crunchy especially in the middle. We hope you have been getting your salad quota filled. The green garlic is plumping up and if you haven't had a chance to make the green garlic pesto, do it before the green garlic season is over. Or just blend it up with oil, salt and pepper and freeze it in little ice cube trays to use later.

The kale is sizing up in the hoopouse as well. There are two varieties we have been harvesting. The one with the long green leaves is called Lacinato and the red curly is called winter red. They are both quite tender and only need a little cooking. The mustard saute mix is in a bag and will mellow out once cooked. It can also be chopped and added to salads to give them a little texture and flavor. They are great sautéed with green garlic, chopped and tossed on cheese pizza too!

We hope you have enjoyed your Spring Share with us this season. You can contact us if you are interested in another share this summer or you can just sign up online. It's easy!

Have a great weekend and enjoy your veggies.

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Cream of potato and green garlic soup...
<http://allrecipes.com/recipe/223043/cream-of-green-garlic-and-potato-soup/>

More ways to use up that garlic...
http://www.huffingtonpost.com/2013/06/26/green-garlic-recipes-photos_n_3498690.html

Fun way to use the carrots and salad...
<http://www.thebittenword.com/thebittenword/2014/04/spring-salad-with-carrots-three-ways.html>

Mustard and kale idea...
<http://www.foodandwine.com/recipes/sauteed-spring-greens-with-bacon-and-mustard-seeds>

Grilled asparagus and feta salad...
<http://www.onceuponachef.com/2010/06/grilled-asparagus-feta-salad.html>

Quick pickled vegetable recipe (other than lettuce, you can put almost any vegetable in this brine...)
<http://www.chowhound.com/recipes/easy-quick-pickles-30422>

