

This Week on the Farm

Hello to all,

Summer is Certainly Here

Wow these past few days have been extremely hot and humid. We were working in the tomato patch last night at around 8pm and sweat was just pouring off of us. Every time you think that you have Wisconsin weather figured out it seems to change.

As you have noticed your boxes are starting to change from the greens of spring to the crops of summer. Most greens can't handle the summer heat while tropical plants like peppers and tomatoes begin to thrive.

I was excited to eat the first fresh carrots of the year a couple weeks ago. I think carrots offer one of the greatest taste differences between a store carrot and a fresh carrot.

Pot Luck Planning

We are excited to remind all of you that our pot luck event will be this Sunday at the farm starting at 3:00 P.M. All members and their immediate family are invited to attend.

Initially we were not looking for a **R.S.V.P** for the event. We now have decided that for planning purposes if you could **R.S.V.P** so that we can put together a rough head count for setting up tables and what not would be greatly appreciated. If you're not sure if you will attend or not that is O.K. let us know anyway.

My sister Jen will be coordinating the responses please email your response to her at jlzastrow@wisc.edu Please email her as we are so busy with harvesting and planting and everything else that we will not be able to get all your emails reviewed.

Also remember bring a dish to pass, your own beverages, table ware, as well as folding chairs that you may have. We look forward to seeing you there.

Unpacking Your Box

It is important that when you receive your box you unpack it as soon as possible.

We wash and cool most of the vegetables you receive each week. To best keep veggies fresh they go from our field to your hands in generally 2 days or less. We take them in to our packing shed at a temperature of 85 degrees wash them, hydro cool them, and then refrigerate them to a temperature of 35 degrees.

When you take your box home each week that process is already begging to reverse itself. Even a couple of hours out of refrigeration the temp of those veggies is beginning to rise. Most vegetables will even sweat a bit as they warm up. That is why it so important to open your box soon after you get it, sort and rinse your vegetables where necessary, and place them in the correct refrigerator compartment. You don't want to put a semi warmed box with a wide variety of sweating produce in your refrigerator.



Pete harvesting cipollini onions

This Weeks Box

Cucumbers- This years cucumber crop has been wonderful. The plants have produced very well and the flavor of these cucumbers has been great.

Zucchini- If you are looking ways to use your zucchini we recommend grating it and freezing it for use throughout the winter in breads, cakes and other recipes.

Summer Squash- We have been grilling and stir frying a bunch of yellow squash this year. It tastes great on a shish kabob with the variety of squash in your box.

Green Bell Peppers- This years peppers have grown fairly larger and blocky. Enjoy them while the summer lasts.

Purple and White Bell Peppers- Purple and white bells are the first colored peppers of the season to ripen. Both have a mild taste.

Green Beans- This is the first picking off our third planting of this year. The color of these beans is darker than other varieties.

Sweet Peppers- The yellow, orange, or red thin pepper in your box. These are great for frying or fresh eating if you're a pepper lover.

Carrots- Fresh carrots like this simply can't be beat for flavor. You will certainly notice a difference from those bought in a store.

Cipollini Onions- These are the first of many weeks of onions this year. Cipollini's have a mild and sweet flavor and have a very flattened shape compared to standard onions.

Beets- This years beet crops do not have the best looking green tops but the flavor and quality of the beets have been great. Smaller beets are awesome on fresh salads or for fresh eating. Medium size beets are great for classic boiling and peeling. Beets are one of the healthiest vegetables that we can eat. The nutrient levels in beets are exceptionally high and your body is able to absorb them readily.

Sweet corn- This is our first sweet corn picking of the year. I like to eat corn without cooking it what so ever. You may find a few cut worms from time to time. There is really no good answer to totally get rid of them without a toxic chemical spray.

Arugula- Arugula provides a great peppery flavor for fresh eating or mixing in other salads.



White Bell Peppers



Arugula