

WHO'S YOUR FARMER?

Chang Lee Family Farm



DESCRIBE YOUR FARM

I farm with my wife and children. We farm in three different areas in Central Wisconsin by Weston hospital, on Hwy K, and at the intersection of McIntosh and 157. We grow a large variety of vegetables such as green and yellow beans, broccoli, peas, onions, lettuce, cabbage, pumpkin, zucchini, peppers, and kohlrabi. We do not use any pesticides or herbicide sprays. We use a dirt tiller to pull weeds.

WHAT BROUGHT YOU INTO FARMING?

We enjoy farming and wanted to make a little extra money for our family.

WHAT DO YOU LOVE MOST ABOUT FARMING?

What we love most about farming is the good exercise and it gets boring staying at home so we enjoy going out to the three locations.

WHAT IS MOST DIFFICULT ABOUT FARMING?

The most difficult thing about farming is doing all the weeding since we don't use any sprays.

WHAT IS YOUR HOPE FOR FARMING?

My hope for farming is that people will see summer as a time to grow their own produce and support local farmers. Also, that farming will continue to get safer for our farmers.

WHERE CAN YOU BE FOUND?

We sell on Wednesdays and Saturdays at the Wausau Farmers' Market, on Thursdays at the 400 Block, and at the Weston Farmers' Market when we can.

WHAT IS YOUR FAVORITE FOOD THAT YOU PRODUCE?

My favorite food from our farm is all the vegetables that I like to put into stir fry.

RECIPE: Vegetable Stir Fry

INGREDIENTS:

2 tbsp canola oil	1 red bell pepper
1 yellow bell pepper	1/2 red onion
1/2 cup yellow squash	1 cup broccoli
1 baby eggplant	1 clove garlic
1/2 cup teriyaki sauce	2 cups slice bok choy
1/4 tsp pepper	1/4 tsp salt
1/2 cup snow peas	2 tbsp sesame oil

DIRECTIONS:

Wash and cut all the vegetables. In a wok or large skillet, heat canola oil over high heat. Add the peppers and onion while stirring constantly. While continuing to stir, add successively the squash, broccoli, eggplant, garlic, and teriyaki sauce. Cook for 2 minutes stirring constantly. Add the bok choy, sprouts, pepper and salt. Stir in snow peas and sesame oil and remove from heat. Serve immediately.

Source: www.foodnetwork.com