



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Lettuce** – We have two kinds of lettuce to send out on Monday. The crinkly green star and a typical romaine. It will probably be the same two kinds on Wednesday as long as too many don't bolt. I have really been enjoying salad with tomatoes, cucumbers, grilled chicken, onions and peppers on it. Num!
- ❖ **Summer Squash** – I got a recipe from a member that looks amazing! It is for a chocolate summer squash cake. Wow! I am going to try and find time to cook it this afternoon. Thanks Melissa!
- ❖ **Zucchini** – More to come! This is a great year for zucchini. For some reason the cucumber beetles are not everywhere like they have been in the past. The cucumber, zucchini and summer squash plants really like the break from the little pests. Thanks God!
- ❖ **Cucumbers** – Mmmm, have you tried a cucumber tomato salad yet? Great way to make a quick healthy side dish with great ingredients. Here is an easy recipe off Rachel Ray's site.
<http://www.foodnetwork.com/recipes/rachel-ray/tomato-onion-and-cucumber-salad-recipe.html>
- ❖ **Kale, Chard or Collards** – Have to put a little healthy green in the box!
- ❖ **Basil** – I heard from some of you that you prefer basil over lemon basil and we have a good amount of it. So here it is the second week in row. Try it in the tomato cucumber salad. If you get too much stick it in your freezer.
- ❖ **Tomatoes** – There are two recipes for tomatoes on the newsletter. Ratatouille and the cucumber tomato salad under the cucumber heading. Around here we like eating them whole, putting them on salads or slicing them and sprinkling them with herbs, sugar or salt. Hope you are enjoying them as much as we are!
- ❖ **Lettuce** – Because of the cooler weather our lettuce is holding up well. Yeah! It is great to be able to have lettuce, tomatoes and cucumbers at the same time. This is seasonal eating at its best!
- ❖ **Eggplant** – Not everyone will get eggplant this week but it is starting to get big enough to harvest. This is a tropical type plant so if we have cooler weather they don't grow as fast. We have purple and white eggplant this year. If you are not sure what to do with it use it in eggplant parmesan
<http://www.foodnetwork.com/recipes/tyler-florence/eggplant-parmesan-recipe.html> which is a basic lasagna with eggplant as the noodles. Or follow the ratatouille recipe below.
- ❖ **Bunching Onions** – These are delicious and so versatile. If you don't just eat them chop the whole thing and use them as the onion in any recipe.

Ratatouille

Ingredients

1/4 cup olive oil, plus more as needed
1 1/2 cups small diced yellow onion
1 teaspoon minced garlic
2 cups medium diced eggplant, skin on
1/2 teaspoon fresh thyme leaves
1 cup diced green bell peppers
1 cup diced red bell peppers
1 cup diced zucchini squash
1 cup diced yellow squash
1 1/2 cups peeled, seeded and chopped tomatoes
1 tablespoon thinly sliced fresh basil leaves
1 tablespoon chopped fresh parsley leaves
Salt and freshly ground black pepper

Directions

Set a large 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes. Add the eggplant and thyme to the pan and continue to cook, stirring occasionally, until the eggplant is partially cooked, about 5 minutes. Add the green and red peppers, zucchini, and squash and continue to cook for an additional 5 minutes. Add the tomatoes, basil, parsley, and salt and pepper, to taste, and cook for a final 5 minutes. Stir well to blend and serve either hot or at room temperature.

Sheep and a Baby Girl!

We had another calf, our first baby girl for the year. She is a cutie! All is going well with her and mommy! Dean used to raise sheep when he was in high school. He found a flock from a 4H family up north and decided it was something he would like to add again. We now have 20 female sheep on the farm. It is fun to hear the happy baaing again. They are getting used to their new area. It will be fun to name them and get to know them more. It is fun how animals have different personalities. One of the yearlings who is all white already has the name Amy Snowflake.

Next Week's Box

Lots of produce is just beginning to ripen.

Eggplant
Peppers
Onions
Cucumbers
Green Zucchini
Summer Squash
Tomatoes
Collards
Parsley



Chocolate Summer Squash Cake

Ingredients

1/2 cup veg oil
1 1/2 cups sugar
2 tsp vanilla
2 cups flour
1/2 cups unsweetened coco power
1 1/2 tsp baking soda
1 tsp salt
2 cups firmly packed yellow squash

1/4 cup butter
2 cups powdered sugar
6 TBSP unsweetened coco powder
1/4 cup milk
1/2 tsp vanilla extract

Preheat oven to 350 degrees. Spray a 9x13 inch cake pan. In a large bowl, mix together oil sugar and two tsp vanilla with an electric mixer until well blended. In another bowl combine flour, baking soda and salt. Add the dry ingredients to the oil and sugar mixture. Fold in yellow squash. Your batter should be thick but pourable with help of spatula. If batter is dry and crumbly try adding a little milk a TBSP at a time until batter comes together. Pour batter into prepared cake pan and bake for 25 to 30 minutes or until a toothpick inserted into center of cake comes out clean. Let cake cool completely. To make the frosting cream the butter in a mixing bowl. Gradually add the powdered sugar coco posed milk and vanilla. Beat until it all comes together and is a spreadable consistency.

Spread the frosting over the cool cake.

Member Submitted Recipe Thanks Melissa!

