



# My Minnesota Farmer CSA

## My basket this week may include

❖ **Tomatoes** – The tomatoes are sooo delicious. I think you should have everything in the box this week to make fresh salsa. This is one of our favorites of the season! We put onions, peppers, tomatoes, basil or cilantro and sometimes garlic in the food processor and... instant salsa!!

❖ **Potatoes** – I forget how much I love these until we don't have them anymore. Luckily they store beautifully in a dark cool place. These are great now or in the future. That is another reason I love potatoes!

❖ **Onions** - This is another crop that stores wonderfully. If you don't have a dish that needs onions now these will last a long time in a cool place. I tend to use so many for all of us! We love onions. Sautéed is our favorite way to eat them but they are perfect in so many dishes. Hope you love them too!

❖ **Summer Squash, Zucchini and Yellow Zucchini** – Our summer squash, zucchini and yellow zucchini are doing wonderfully this year. I keep looking for good summer squash recipes since I always think of it as not as versatile as zucchini. Below is a summer squash casserole my friend raved about last year. I am sure it would work fine for zucchini too. ☺

anaheim



❖ **Zucchini** – This is a great, versatile crop. How many foods do you know that is amazing sautéed with onions or in a brownie recipe? I included a paleo brownie recipe this week below. I know many of you or your kids prefer gluten free foods. Maybe this will be just the ticket for you!

❖ **Hot Peppers** – The peppers are growing amazingly. We will send out more anaheims and jalapenos this week. This would be a great week to make salsa! If you still have basil from last week throw it into the salsa. It is a great taste treat!

❖ **Peppers** – I think we will have plenty for everyone this week. We have two kinds of hot peppers, Anaheim Chili and Jalapenos. The jalapenos are three times as spicy as the chilies. Neither are too frightening though. ☺

❖ **Eggplant** – **(Some Shares)** Would you like to try ratatouille? How about Baba Ganoush? <http://www.food.com/recipe/baba-ganoush-the-best-in-the-world-67570> This recipe was highly recommended to me by one of my favorite farmer's market friends. It is a crazy recipe but good. ☺ If neither of those sound great, make lasagna but use eggplant for the noodles. Instant Eggplant parmesan. Num!



jalapeno

❖ **Cabbage** – We planted way more cabbage than normal this year. It isn't growing huge but it is great steamed or boiled with a bit of butter, salt and pepper. We love cooked cabbage!

- ❖ **Cucumbers** – I am afraid we won't have many cucumbers in the fall. Our second and third plantings of them didn't turn out so well. ☹ Enjoy them while they are here. It may not last long. If you would like some for pickling let us know soon. Thanks!
- ❖ **Sweet Corn** – This is the first time we are including something in our boxes that we didn't grow. We are buying this from a local farmer friend that grows all his food organically. We aren't the best at growing sweet corn but we know you will appreciate it in your boxes so here it is! Let us know if you would not like us to buy organic food from others in the future. Sorry we aren't experts at everything!

## Summer Squash Casserole

8 yellow summer squash, thinly sliced  
 1 small yellow onion, thinly sliced  
 1 egg, lightly beaten  
 1 cup sour cream  
 1 sleeve buttery round crackers (such as Ritz) crushed, divided  
 1 cups shredded sharp cheddar cheese, divided

Preheat oven to 350 degrees F (175 degrees C). Grease a 1-quart casserole dish.

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add squash and onion, cover, and steam until squash is tender and easily mashed with a fork, 10 to 15 minutes.

Whisk egg and sour cream together in the prepared casserole dish; add squash, onions, 2/3 the crackers, and 2/3 the Cheddar cheese. Stir with a fork. Cover the squash mixture with remaining Cheddar cheese and crackers.

Bake in the oven until cheese is melted and crackers are lightly browned, about 30 minutes.

## Next Week's Box

Eggplant maybe  
 Peppers  
 Onions  
 Cucumbers  
 Green Zucchini  
 Summer Squash  
 Tomatoes maybe  
 Parsley  
 Corn again probably  
 Maybe Beans or the following week

## Paleo Brownies

**2 cups shredded zucchini**  
**1 cup almond butter (I used peanut butter for peanut butter brownies)**  
**1 ½ cups dark chocolate chips ( I like these not processed too, just whole added last)**  
**1 egg**  
**1/3 cup raw honey**  
**¼ cup applesauce**  
**2 tsp vanilla extract**  
**3 Tbsp cocoa powder**  
**1 tsp. baking powder**

**Preheat oven to 350.**

**In a food processor combine all the ingredients (unless you want your chocolate chips whole) and process until well mixed.**

**Pour the brownie mix into a greased or parchment paper lined pan.**

**Place in the oven and bake for 45 minutes.**

**Wait until brownies are cool before cutting and removing from pan.**



## My MN Farmer Supper!

The above picture is our basic supper around here. I cut up eggplant, zucchini, summer squash, peppers, and some garlic or whatever we have. I sauté them until they are browned and incredibly delicious. I add different spices such as oregano, basil, or lemon basil and top with chopped tomatoes. Cheese is a great addition too. Then I serve it over rice or as is. Another great way to enjoy sautéed veggies is with some hamburger or steak on a tortilla. Instant Fajitas. Num! Don't forget to make some fresh salsa to go with this! Delicious!