



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Sweet Corn** – Yeah! Our first batch of sweet corn is ready. We haven't even harvested our first cob so I am not sure how many we will have for everyone. About half of the first planting of corn is big and beautiful. The other half of the first planting is small because of the early flooding. The plants are still only about 3 feet tall. If big cobs grew on those short stalks it would be really nice to pick but unfortunately small stocks don't grow large cobs. Either way this corn is delicious every year. There is no spray on this corn. Enjoy!
- ❖ **Tomatoes** – Red and ripe! Whole shares on Wednesday last week got cherry tomatoes. We will try and switch it up so everyone gets these cute treats. My kids call them poppy tomatoes because they pop in their mouths. Mmmm, good!
- ❖ **Potatoes** – We have a couple weeks of red potatoes left. After the reds are gone we will switch to Yukon potatoes. I really love the reds and yukons. Enjoy these amazing potatoes! One of my favorite things about gardening is eating the produce that isn't perfect enough to send out and feeding it to my wonderful family!
- ❖ **Lemon Basil** – It is again a lemon basil week. This is great fresh, on top of a salad or in a lemon basil chicken recipe.
- ❖ **Onions** – Yellow onions again this week. These are great for storage if you aren't getting through all of them. We have many more kinds of onions on the way too; Walla Walla, Red Zeppelin, Big Daddy, White and many more varieties.
- ❖ **Rainbow Chard** – The chard is looking big and beautiful. This is such a colorful addition to your cooking. One of my favorite ways to use chard is to sauté it with onions, summer squash, zucchini, garlic and whatever else jumps into the pan. After that you can either use it in a kish or even just scramble eggs with it. Enjoy this colorful healthy dish!
- ❖ **Zucchini** – We are trying to stay on top of the zucchini before they get too large. I really love the big ones for so many things including breads, muffins and brownies. They are also great for shredding and freezing for future use in baked goods.
- ❖ **Peppers** – I think we should have enough hot peppers for everyone this week. I left the pictures on the newsletter so you are reminded of which peppers are hot. We aren't sending out as many bells right now because we are waiting for them to get bigger and turn colors.
- ❖ **Eggplant** – We are growing two varieties of eggplant this year. One of these is purple and one of them is white. They are both very similar and can be sautéed, made into ratatouille, fried like American fries or transformed into my favorite, eggplant parmesan.

anaheim



jalapeno



- ❖ **Beans** – This time intensive crop is not as easy to harvest as some of the others. We are hoping to keep up with them even though we lost 4 of our employees this week. Have a great time at college Carl and Maddy. Enjoy your next year of high school Tim and Rhiannon! We'll miss you!
- ❖ **Cucumbers** – Again these are marked up but I will try and only send out the best of them. I made a lot of pickles last week with the seconds. ☺ I guess there are some good things about having seconds. The farmers get to eat too!

Next Week's Box

Beets
Peppers
Carrots
Onions
Cucumbers
Green Zucchini
Summer Squash
Tomatoes
Collards
Lemon Basil
Tomatillos

We'll Miss You!!

This week 4 of our 7 employees are heading back to school. It will be a lot different around here working with less than half of our helpers. Pray for us in this hot weather with less help. We want to finish the season strong! Let's go team My MN Farmer! ☺

Refrigerator Pickles

1 tsp salt
1 tsp mustard seed (or celery seed)
1 cup white vinegar
2 cups sugar
2 cups water

Boil for 5 minutes. Cool. Pour over ½ gallon of sliced cucumbers and onions. Mix. Keep in refrigerator. These will keep a good amount of time in the refrigerator. (Although not in mine because the kids love them!)

I will make this easier by just putting the sugar, salt, and seed mix over the cucumbers and onions then dumping the vinegar on top and skipping the water. It takes a couple hours wait time until you eat it but it makes it much easier. ☺

The Blessing of Rain

This week has been wonderful now that rain is finally falling. Rain is so healing for our land. It is so nice to have a little lightning and rain to green up the dry plants. It is also nice because it is harder to work in the rain so we have to take a little break in the outdoor fields anyway. Now hopefully it isn't too muddy to harvest. So far it has been great. We have gotten at least 2 inches of rain. It is still great for the soil. Not even a puddle yet. We needed it so badly!

Eggplant Meatballs

Ingredients

2 tablespoons olive oil
1 pound eggplant, unpeeled, cut into cubes no larger than 1 inch
1 teaspoon salt
1/2 teaspoon pepper
1 onion, chopped
1 tablespoon minced garlic
1 cup cooked or canned white beans
1/4 cup chopped fresh parsley
1 cup breadcrumbs, preferably whole wheat
1/3 cup grated parmesan cheese
Pinch red chile flakes

Heat the oven to 375°F. Line baking sheet with foil and spray with non-stick cooking spray. Put 1 tablespoon oil in a large skillet over medium-high heat. When it's hot, add the eggplant and 1/4 cup water. Sprinkle with the salt and pepper and cook, stirring occasionally, until the pieces shrivel a bit and are tender and beginning to color, 10 to 15 minutes. Transfer the eggplant to the bowl of a food processor. Add the remaining 1 tablespoon oil to the pan along with the onion and garlic and return to the heat. Cook, stirring frequently until they're soft and translucent, 3 to 5 minutes. Meanwhile, drain the beans; if using canned, rinse the beans also. Add the beans and parsley to the work bowl with the eggplant and pulse until well combined and chopped, but not pureed. Toss the eggplant mixture with the onion and garlic, then add the breadcrumbs, parmesan cheese and red Chile flakes if you're using them. Taste and adjust the seasoning. Roll the mixture into 12-15 balls about 2 inches in diameter; transfer them to the prepared pan. Bake, undisturbed, until they're firm and well browned, 25 to 30 minutes. Serve warmed in marinara sauce. Leftovers can be frozen.