



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 garlic in the food processor and... instant salsa!! You can hand chop them too if you like a chunkier 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! I will send out superior white potatoes again this week since last week was Yukon 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 one of our favorite ways to fix them but they are perfect in so many dishes. Hope you love them too

❖ **Summer Squash** – Our summer squash is 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 raves about.. I am sure it would work fine for zucchini too. ☺

anaheim



jalapeno



Garlic – This is starting to cure so isn't considered fresh garlic anymore but it is still absolutely delicious. If you don't need it right away put it in a cooler place and it will store for months.

❖ **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'll include 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!

❖ **Broccoli** – We have a wonderful stand of broccoli here this year. They are beautiful and delicious. Broccoli likes it really cool to store best. You can put it in a container in your refrigerator with ice on top or stick it in a bag in your freezer to preserve for when the fresh produce isn't abundant.

❖ **Peppers** – I have pictures of Anaheim and jalapeno peppers. The jalapenos are 3 times as hot as the anaheim peppers.

❖ **Beans** – There will be green and or yellow beans in your boxes this week. I am hoping we have time to pick all of these with the fair this week. We are crazy busy but it is fun! Let me know if you want free beans by picking here and leaving half of them for us. ☺

❖ **Cucumbers** – Coming in like crazy! Let me know if you need a bulk amount and you can come pick it or we can deliver. They are so delicious!

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 preheated oven until cheese is melted and crackers are lightly browned, about 30 minutes.



Fair Week!

Jonny is practicing for the fair. Our kids are bringing 7 general projects and 30+ animals. It is a busy week around here blow-drying cows, shearing sheep, cleaning ducks and chickens with a toothbrush and studying their animal knowledge. We are trying to laugh through this crazy week! ☺

Next Week's Box

Lots of produce is just beginning to ripen.

Peppers
Onions
Cucumbers
Green Zucchini
Summer Squash
Tomatoes
Tomatillos
Collards
Lemon Basil or Basil
Cantaloupe and squash are close!

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.



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 just as it is.