



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Tomatoes** – The tomatoes are growing great! There is nothing like a fresh tomato! We are enjoying tomato sandwiches around here. Otherwise try a BKT sandwich this week, yes that is Bacon, Kale and Tomato our new lettuce planting isn't big enough to send out.
 - ❖ **Kohlrabi** – The kohlrabi is getting pretty funny shaped but is still wonderful. It is a little more fibrous than it was before but still tasty and delicious. Try kohlrabi fries if you want something fun.
 - ❖ **Yellow Onions** – The yellow onions are coming in great. We have beautiful red and white onions too that you will be getting in your shares soon. The red onions, which of course are the color purple, are so beautiful. Keep your eye open for them!
 - ❖ **Citrus Basil** – Are you a lemon basil chicken fan? This citrus basil works great for that. With a fresh flavor like this you could even just add it to your sandwich or wrap and enjoy a great added flavor burst.
 - ❖ **Cabbage/Sweet Corn** – This week Monday's shares will get cabbage. We had sweet corn in Monday's shares last week and cabbage in the Wednesday shares. This week we will switch that and Monday will get cabbage and Wednesday we will send out sweet corn.
 - ❖ **Zucchini** – I can't get enough sautéed zucchini, onions and summer squash but just in case you want to change it up try the zucchini soup recipe in the newsletter. It is always fun to try something new with something you have had for a while.
 - ❖ **Garlic** – The garlic we are sending out this week is called music garlic. This garlic has a good kick when it is raw but mellows out when it is cooked. We have different varieties to send out later and spice up your life a little. 😊
 - ❖ **Kale** – The lettuce that we planted about a month ago in our high tunnel looks great. We will send out the two star crinkly lettuce this week unless they start looking small. If so we will start harvesting out of the second half of the tunnel which has romaine. I am hoping we have enough for two star one week and romaine the next.
- Cucumbers** – The cucumbers are really slowing down. I believe it is because they aborted their blossoms during the hot weather. We will send out what we have but know you probably have cucumbers from previous weeks.
- ❖ **Potatoes** –. The Yukon gold harvest was wonderful so far. We have dug two rows and the potatoes are beautiful. Have you seen the movie "Faith Like Potatoes"? While we were harvesting this week while we were harvesting this week we (well at least me the crazy mom) reenacted the scene where they find all the potatoes. It is fun to be crazy when we can. God is good!

Zucchini Soup

4 tablespoons unsalted butter
1 white onion, sliced
8 to 9 large cloves garlic, sliced thinly
4 medium zucchini, about 1 1/2 pounds
4 cups chicken or vegetable broth
1/2 teaspoon powdered ginger
Salt and pepper

Melt the butter in a heavy 4-quart pot over medium heat. When it foams, add the sliced garlic and onions and cook on medium-low heat for about 10 minutes, or until the onion is soft and translucent. Keep the heat low enough that the garlic doesn't brown; you want everything to sweat.

When the onions are soft, add the zucchini and cook until soft. Add the broth and bring to a simmer. Simmer at a low heat for about 45 minutes.

Let cool slightly, then blend with an immersion blender until creamy, or transfer to a standing blender to puree. Be very careful if you use the latter; only fill the blender half full with each batch, and hold the lid down tightly with a towel.

Taste and season with ginger, salt and pepper. Like most soups, this is significantly better after a night in the refrigerator to let the flavors meld.

Change of Schedule for Labor Day!

Monday shareholder's Labor Day delivery will be on Tuesday September 8th instead of Monday September 7th. The Wednesday September 9th deliveries will be the same. Just giving you a heads up! Thanks.

Hamburger Coming up Soon!

We finally have a date for our hamburger cows at the processor on the 19th of August. This means yes, we will finally have hamburger again. I know many of you have been missing it as much as we have. If you are on the waiting list we will have enough to get you your grass fed hamburger. We will have more than enough for people that are not on the waiting list also. Let us know or get on the waiting list online and we will get you your hamburger share the last week of August or the first week of September. Thanks for supporting your local farmers!



Next Week's Box

Spaghetti Squash
Cucumbers
Red or White Onions
Green Zucchini
Summer Squash
Tomatoes
Swiss Chard
Basil
Yukon Gold Potatoes
Maybe Green Beans again – We have a new patch that is flowering.

Good Bye Friends!

Wow this have been crazy busy and now we will get much busier! Two of our four employees have returned to college. We will miss you Megan and David!

We are going to do our best to stay on top of everything around here. We had four employees and are now down to two. That will change things around here greatly.

We are looking for more help. Do any of you know of any hard working, friendly people that would like to work on an organic farm? We would take them. I have even debated talking to our youth group leader at church and seeing if they want to blitz the farm for a day and we would help fund one of their mission trips or something. Let me know if you know of anyone, we could sure use some more good people around here!