



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Red Potatoes** – The red potatoes are here again. We are almost done with the red potatoes because our fields were drowned out. They are all different sizes so one week you may have received big bakkers and another you may get baby reds. Either way big or small they are delicious.
- ❖ **Cucumbers** We are super happy with the cucumbers out of the high tunnels this year. We didn't have very good success in the field but that is what keeps farming interesting. ☺ We have lots now so if you need to can some sliced dills or make a big batch of refrigerator pickles or even cucumber bread let me know! We would love to get some to you.
- ❖ **Tomatoes** – The tomatoes have taken over recently. There are so many but they seem to be slowing a bit. Nothing like a garden fresh tomato. If you have a bit too many now just think about how much you are going to miss them in January. This is seasonal eating at its best!
- ❖ **Basil Wednesday, Parsley Monday** – It is tomato and cuke season so I feel like basil and parsley are great compliments. Make up a tomato basil salad or a caprese salad. If you can't get to it and want it for later freeze or dry it.
- ❖ **Spring Onions** – We are switching it up just a bit and sending white onions this week. These are not quite as sweet as the yellow onions but give a great onion punch.
- ❖ **Eggplant, Tomatillos or Broccoli** – There is a little bit of all three of these crops ready right now but I am not sure if there is enough for everyone to get all of any of them so I will split it up at different days and drop sites. I will try and get an equal amount of each to everyone as long as the fields allow.
- ❖ **Peppers** – Everyone will get a pepper or four this week. The short bullet shaped ones are hot jalapenos. The long green ones are mildly hot, Anaheim. The long yellow ones are sweet bananas. The yellow orange ones are flavorburst sweet peppers and the smaller rounder tipped orange ones are called orange blaze and are one of my favorite sweet peppers. The red bells are called red knight. They are also sweet.
- ❖ **Sweet Corn** – Need I say much more than that? It is sweet and it is corn. Num! ☺
- ❖ **Zucchini** – Recipe below or try zucchini pizzas. Slice bigger zucchini to make circles, add pizza toppings, bake or broil in over and you have personal sized pizzas. Delicious and easy! Don't forget the basil! ☺



Peppers!

Here is a list of the peppers we grow starting at the long red pepper and going clockwise.

Anaheim Chili Pepper – Mildly hot but not overpowering

Flavorburst – Orange/yellow pepper. Amazing multifaceted sweet flavor

Green bell turning red – Red Knight sweet

Orange Blaze – So sweet and delicious

Ligter red knight pepper – Same as above



Above is a photo of our new baby lettuce we are growing for our contract with the Minneapolis public schools. We are praying that this does great and we are able to get healthy organic food to children in the cities. We love growing great food for amazing people. Hopefully the rain is going to help this grow huge without bolting instead of stunt the growth. So much of this farming game depends on weather. Grow lettuce grow! You will get to enjoy the fruit of our labor too! We planted way more than we think we will need.

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.

Next Week's Box

Here's our best guess for next week...

- ❖ Green Beans Possibly
- ❖ Onions
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Red Potatoes
- ❖ Dill or Parsley
- ❖ Some Tomatillos
- ❖ Carrots
- ❖ Cantaloupe in the next 2 weeks or so