



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Spring Onions** – We are cleaning out the last couple rows of onions that we have been harvesting the large onions out of. There are lots more rows of onions but we are going to clean out the rows we started with. Onions will be varying sizes this week. Use some of these onions with the summer squash and zucchini and you will be having our typical meal for this time of the year. Chop the onions, summer squash, zucchini, sauté and enjoy!
- ❖ **Tomatoes** – Yeah, the tomatoes are now beginning to be ready! I think we will finally have enough tomatoes for everyone. Way to grow tunnels! There are some cherry tomatoes too that are wonderful and delicious. We will randomly send those out also as they get ready. We had BLT's for supper tonight. It is now officially summer despite the chilly weather we had on Thursday. Tomatoes are so delicious and wonderful!
- ❖ **Cucumbers** – Now we have two tunnels going full strength. We love cucumbers. One of my favorite ways to use them, besides munching them raw, is make refrigerator pickles. Try this recipe <http://www.myrecipes.com/recipe/easy-refrigerator-pickles-0>. Cucumbers and tomatoes are great cut up with poppy seed or Italian dressing too.
- ❖ **Bok Choy** – This will probably be the last time you get bok choy this season. There is a possibility we could throw it in during the fall season but it is unlikely. Try this in a stir fry with onions, garlic and chicken. I think you will like it.
- ❖ **Summer Squash and Zucchini** – This is a beautiful season for growing summer squash, zucchini and so much more! Besides that the rain keeps skipping us we are feeling very blessed with this year's crops. We hope you are enjoying your share too! We will keep getting summer squash and zucchini to you as long as they produce nicely.
- ❖ **New Red Potatoes** – I love fresh potatoes because they are so moist and delicious. The potato plants are slowly beginning to dry out which means the potatoes are almost as big as they are going to get. We will harvest them when we are ready to send them out. Feel free to keep them in a dark cool place if you are using the more time sensitive produce first. As you know potatoes store well. ☺
- ❖ **Green Beans** – Wow! Here come the beans! Just after the green beans came in full force the yellow beans are close behind. In this Czech county with green and yellow beans, I feel like I need to put in the recipe for vomacka soup. Let me know what you think!
- ❖ **Broccoli** – Here is another family favorite around here. We especially like it steamed or slightly boiled with a bit of coconut oil, butter or cheese. This is also great sautéed with your other fresh veggies and chicken over rice.

- ❖ **Bell, Orange Blaze (sweet) or Hot Jalapeno Peppers** – I think I should have enough peppers for everyone to have at least one. We have the typical bell pepper. Right now the two color bells we have are dark green or a lighter yellow green. Both are fully ripe. We have a couple little orange blaze peppers. These are incredibly sweet, despite the name. It is one of my kids favorites and mine too! The third kind of pepper you could be getting is a shorter, bullet shaped pepper, which is a jalapeno. This has a bit of heat and is great in dishes you want heat in.
- ❖ **Kohlrabi** – Here are the round balls with the crisp crunchy inside. If you don't feel like eating them raw, try the kohlrabi fries. These can also be cut up and used in soups or stews or you can sauté them.

## Farm Umbrella?

It seems as if there is an umbrella over our farm. There have definitely been wet years where we have prayed for an umbrella. This year we kind of wish it would at least let some rain through. The fields are fine yet but they sure would love a little water on them. Speaking of water, check out the picture below!



Isn't this majestic? It is dew on a piece of grass in the morning. Thanks for showing us the majesty of God photographer Abby!

## Czech Vomacka Soup In Honor of Kolacky Days last weekend

- 1/4 cup Butter
- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup diced celery
- 3 cloves of garlic chopped
- 1/4 cup flour
- 1 - 49 1/2 oz. can of chicken stock
- 1 Tbsp. of dill weed or more to taste
- ground pepper to taste
- 2 Tbsp. chicken base.
- 3 cup diced potatoes
- 3 cup of green and yellow beans (fresh are best)
- 1 cup sour cream and 1 cup milk
- 2 Tbsp. cider vinegar

Sauté the following ingredients together: Butter, chopped onions, chopped carrots, diced celery and garlic.

Then add: flour, chicken stock, dill weed (I always use more, almost double it), ground pepper to taste, chicken base.

Mix all the above ingredients together well in large stock pot.

Then add: diced potatoes, green beans (fresh are best)

Mix together and then temper into the hot liquid: sour cream and milk

Add last: cider vinegar

Season to taste. You can always use more dill weed and cider vinegar, and add a little salt.

## Next Week's Box

Lots of produce is just beginning to ripen.

- Yellow and Green Beans
- Peppers Hot and Bell
- Yukon Potatoes
- Summer Squash
- Zucchini
- Tomatoes
- Eggplant
- Dill
- Cucumbers
- Swiss Chard
- Onions