



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Spring Onions** – We are sending out spring onions this week. They are onions that have had the tops blown over by the storms. Some of these will have flowers but most will not. The whole thing is edible. As the season continues they will get bigger. They are nice and juicy and fresh right now.
- ❖ **Ruby Red Beets** – One of our awesome employees came in from the field and said, “The beets are ready.” It is awesome when someone else takes the initiative and lets us know what else is ready. We didn’t have them on the plan for this week but they are big and beautiful and it is time to let you enjoy them. If you aren’t a beet person check out this recipe for Chocolate Beet Cake. ☺
- ❖ **Basil** – I am going to try and get everyone enough basil to do a large caprese salad or a pesto recipe. I will post a pesto recipe below so you have an idea of what you could do with it. Again if it is just too much freeze it and pull it out when you are making spaghetti sauce or salsa later in the season. Delicious!
- ❖ **Cilantro**– We have enough from another week at least on Wednesday. Not all of the Wednesday share holders got cilantro last week so I am going to try and get you all covered this week where you hopefully will all get a tomato too. They are so good together!
- ❖ **Garlic** – All of our garlic is dug. We had three high tunnels full of this amazing crop. Now we need to start working on getting the tunnels tilled and ready for the next crops. The garlic you buy in the store is rarely fresh garlic. You may notice a difference in the moisture content and how the cloves peel from the stock. This can sit on your counter and will dehydrate so then it will be more like storage garlic but you can use it right away too. It is a special treat to have fresh garlic.
- ❖ **Collard Greens** – Last week my Wednesday shares got a collard green surprise. This week we will definitely get the Monday share holders collards and possibly the Wednesday share holders also. We will just see how big they grow. It is supposed to be pretty warm this week. We will see how this cool season crops takes off, or doesn’t.
- ❖ **Gregorian Cabbage or Bok Choi** – (Full Shares) We are going to send out Cabbage for the Monday full shares and Bok Choi for the Wednesday full shares. We will probably switch this for next week then. The half shares will get cabbage later in the season.
- ❖ **Green Beans** – We are so excited that our green beans are really producing now. The good thing is that we have plenty of beans to send out. The bad thing is it is a high labor crop and we spend a lot of time in the bean field. The kids are now very good at picking beans so that is a great help! When we all go out together we can get a lot done.

## Let the Variety Begin!

Last week I felt like there was a lot of lettuce, onions and kohlrabi. This week there is pretty much no lettuce. There will be a bit of loose leaf green lettuce but other than that it is a whole bunch of non-greens. I told you to enjoy your salad while you had it. We will get you a little bit of lettuce now and then if it doesn't bolt in the heat. Enjoy the new varieties! The boxes may not look as full as last week but the value is still there. The crops are just not as fluffy. Enjoy your non lettuce box. ☺



## Egg Cartons Please

With all of the eggs we send out we use LOTS of egg cartons. We would love to have your clean used egg cartons back. If we end up buying new egg cartons it raises the price of the eggs in the future. Thank you for recycling and giving us back your egg carton garbage. ☺

## Next Week's Box

Lots of produce is just beginning to ripen. Here is our best guess for next week:

Cucumbers  
Summer Squash and Zucchini  
Blue Curled and/or Dinosaur Kale  
Tomatoes  
Bunching Onions  
Lemon Basil or Parsley  
More Green Beans  
Some Peas  
Possibly Peppers  
Probably New Red Potatoes

## Moo! Three New Calves!!!

Well the 16<sup>th</sup> and 17<sup>th</sup> were the days to have a calf I guess. Three of our mama's decided it was time to deliver. One mama started the trend on Wednesday the 16<sup>th</sup> by having a little boy. Then two more followed suit the next day bringing into the world two more cute calves. At first the first mom that delivered had a pinched nerve but she seems to be doing better now. The calves all seem to be doing well. They are at their summer homes, friends pastures that we help put up. Our pasture is great but a little wet and not quite big enough. We feel much better about having our cows and calves where we can rotationally graze them and give them more fresh grass. I will post pictures of the little (about 100 lb) cuties.



## Prayers for Chickens; THANK YOU!!!

The devastating loss of chickens that many of our farmer friends endured almost totally missed our chickens. I am sorry that many people lost birds. It is such a hard thing to see. We have watched it happen here before because of some sick chickens we had brought into our flock. It is so sad. Our children had three chickens that were just their own. They were using the money they made selling their eggs to buy lumber for a tree house. Their chickens died, all three in one day. ☹ That was sad for them. We didn't lose any chickens in our pens though. I think it may be because of gnats and because it was windy and our chickens are out in the open the wind blew them away. I am very thankful that both are egg layers and broilers were safe. Thanks for your prayers. We feel very blessed.

Too exciting of a week, couldn't fit recipes in.... Here are the links;

Collard Greens <http://www.foodnetwork.com/recipes/sandra-lee/collard-greens-recipe.html>

Chocolate Beet Cake <http://joythebaker.com/2012/01/chocolate-beet-cake-with-beet-cream-cheese-frosting/> You need to scroll about half way down the page for the recipe.