



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 ready! These tunnel tomatoes are way ahead of our field tomatoes. It is great to have some bigger fruits now. 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.
- ❖ **Lemon Basil** – We had so many comments about how awesome the lemon basil was last time we sent it out. We want to give you what you want when we can so here is more of what you told us you love! Some of the ways that people have said they really enjoyed the lemon basil was on their chicken in their sandwiches and as a topping on their salads. We really love lemon basil too. Enjoy this fresh herb!
- ❖ **Kale or Swiss Chard** – With the heat the kale has slowed down. We thought there would be enough for everyone to have it this week but it looks like we will need to sub swiss chard in some boxes and kale in the others. I noticed some of the swiss chard that was sent out previously was in pretty tough shape. Sorry about that. I will work on continuing to work with everyone to only send out quality produce.
- ❖ **Summer Squash and some Zucchini** – 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.
- ❖ **New Red Potatoes** – We spent Friday afternoon digging potatoes for Monday shares. We will dig the potatoes for Wednesday shares on Monday or Tuesday. This is about as fresh of a potato you can get unless you dig it yourself. I love fresh potatoes because they are so moist and delicious. There is a recipe for garlic roasted potatoes below. Absolutely delicious if you ask me! Just try them and see. The recipe calls for 3 lbs of potatoes. We don't have enough dug to send that much out to each of you, but if you want to save them up you can make it in a week or two if you don't have other potatoes around. As you know potatoes store well. ☺

❖ **Green and Yellow Beans** – Wow! Here come the beans! Just after the green beans came in full force the yellow beans are close behind. In this Check 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!

❖ **Sugar Snap Peas** – When my kids are out picking these it is very surprising they come in with any in their picking bucket. These are so good they will eat them right off of the plant. These are peas where you can eat the whole pod, no need for shelling! They can be eaten whole fresh, put on salads, or put in soups or stir fries too. These are a favorite!

❖ **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.

The Poults are Here!

There are very few things that are as ugly and at the same time as cute as a baby turkey. They are cute like a baby chick but ugly like a teenage turkey. They have a little finger like thing that pokes out about their beak. It looks totally crazy. These little ones will be big and beautiful come Thanksgiving. Fresh Thanksgiving turkeys on their way, they just need to grow a bit! Turkeys hold this same feeling of ugly/beautiful when they are large too. They are truly amazing creatures. They will start in a protected environment and move to a movable pen as soon as they are fully feathered so they can handle the elements outdoors offers. So Cute!

Next Week's Box

Lots of produce is just beginning to ripen.

Yellow and Green Beans
Peppers
New Red Potatoes
Summer Squash
Zucchini

Czech Vomacka Soup In Honor of Kolacky Days this 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.



Peppers
Kale
Tomatoes
Spring Onions
Basil or Lemon Basil