



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Spring Onions** – Our forum onions are now done. The tops are dry and they look more like the typical storage onions. They are nice and juicy and fresh right now.
- ❖ **Potatoes** – Not was just way too hot this week to dig too many potatoes. Because of this they bags may be smaller this week but we will have more next week. We hope we will be able to dig more on Monday with cooler weather. The baby reds aren't huge but they sure are delicious! Check out the recipe for garlic roasted potatoes. Absolutely delicious. When the potatoes are ready my meal options greatly increase. Boiled potatoes, potato soup, baked potatoes with all the toppings, potatoes sautéed with onions, garlic, summer squash and zucchini with scrambled eggs or just French fries or potatoes and onions. Yes, this is a wonderful addition to our seasonal eating.
- ❖ **Basil**– This is a great herb with tomatoes! Try chopping some in some salsa, make garlic bread topped with tomatoes and basil or dry it and use it for later.
- ❖ **Cukes** – I had a wonderful member suggestion to use these on sandwiches with or instead of pickles or cut them up and put them in your tacos. Thanks!
- ❖ **Zucchini (green and/or yellow)** – The zucchini contest at the Mankato Farmer's market is Saturday. I will probably have the newsletter uploaded by that time so I will post the results next week. I think I may leave one or two growing just to see how big they will get. We have no lack of zucchini. ☺ We could let them grow a bit bigger and then send them out but we are concerned about space in the boxes too. The great thing about big zucchini is they make excellent zucchini bread.
- ❖ **Summer squash** – The yellow straight produce that looks like a yellow zucchini is a yellow zucchini. They are wonderful to sauté with garlic, onions and some zucchini. There is also a recipe for summer squash casserole. You can look that up online. If you are into zucchini bread, muffins or cake you can very easily substitute summer squash.
- ❖ **Broccoli – (half shares)** Wow, this is a great year for broccoli. Most of the heads are big and look great. These are great for fresh snacking, cutting up in your salad or in your soups or stews.
- ❖ **Microgreens – (Full Shares)** These sweet little micros are great for putting on sandwiches, salads or meats. They are sort of a pain to harvest but they are so good and delicious. : )
- ❖ **Cabbage** – Has anyone made cabbage soup? That is a favorite around here. Hamburger, onions, tomato and cabbage all cooked together. This is a comfort food for our family.

- ❖ **Basil** – We sent out 50 lbs of basil two weeks ago. It looks like the plants are wonderful and ready to be harvested again. Enjoy your fresh basil!
- ❖ **Peppers** – Our pepper harvest is awesome. We have been harvesting out of three different high tunnels and getting plenty of peppers. Now our seven 375 foot rows of peppers in the field are almost ready to harvest. Everyone will get at least one green pepper and another kind of pepper. The second pepper will either be a flavorburst (light green yellow pepper) a banana (light yellow banana shaped pepper) or a Bianca (white pepper).
- ❖ **Tomatoes!** – These are really starting to come in now! Way to grow tomatoes. We have a lot of heirloom varieties this year. These are bumpy and crazy colors with a dark ring around the top or yellow and pink. You can tell if these are done by the softness rather than the color. Although I love the colors and amazing taste of these tomatoes they do not store well. I am a little nervous about them getting to you safely without any lettuce to cushion around them. We try and be very gently with your box during delivery. I hope they are getting to you in tact!

## 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  
 Swiss Chard or Kale  
 Tomatoes  
 Parsley  
 Peppers  
 New Red Potatoes  
 Kohlrabi  
 Peppers  
 Garlic

## Towing a Uhaul? In Downtown St. Paul? Yikes!

This week last year our Uhaul decided that it would no longer go in reverse. Our amazing driver limped it home but it took a new tranny to make it run again after that. This Monday the Uhaul decided not to start after it was turned off in St. Paul. Bummer! We ended up going down there and I had to toe Dean in the Uhaul in St. Paul. I am not even so fond of driving in St. Paul alone without having 7 children in the car and a Uhaul behind. With lots of prayer through the whole thing and a lot of help and information from Jason and Jessica our amazing drop site hosts we made it.

The best part was the fix was super easy and cheap. The guy at the fix it shop had to pound on the starter and it started right up. We drove it home, Dean did some monkeying with the wire connections to the starter and now it starts almost every time! ☺ If only the bumper was a little more solidly attached we would really be happy.

## 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. ☺

## Canning Tomatoes Coming Soon!

Canning season is now here. We sell tomatoes in the half bushels. We sell firsts for \$20 a half bushel for mixed varieties or \$25 a half bushel for roma tomatoes. Let us know if you need any and we will get them delivered to you! Tomato soup and spaghetti sauce here we come!

## Heat and Downpours

What a crazy weather pattern. Last week was brutal for working in the fields. We still worked just stayed really hydrated and started early and tried to stay out of the direct sunlight from 4:00 to 6 or so. We didn't even turn our air on until Friday because we knew the change from hot to cold is hard on us too! Thanks for those of you who prayed for us. We made it! ☺