



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Red Potatoes** – Delicious! That is how I feel about these potatoes. My favorite recipe to use these for is in this newsletter. Put your local restaurant to share with these. They are pretty amazing. Thanks mom for introducing me to this recipe. ☺
- ❖ **Parsley** – You'll need this for the awesome garlic roasted potato recipe.
- ❖ **Onions** – We can never have enough onions because we love them so much. Hope you love them too!
- ❖ **Sweet Success, Darlington, Diva and mixed variety Cucumbers** – Wow! The cucumber harvest is going extremely well. We harvested 742 cucumbers out of high tunnel nine last week. That is just one tunnel on one day. We are very thankful for the overabundance. If you aren't going through them fast enough try making cucumber bread or cucumber salad. We just eat them like apples around here. ☺ Don't have a salad without one!
- ❖ **Zucchini** – Did I tell you we won the biggest zucchini contest at market? It was our zucchini 'Goliath' that won. ☺ He was pretty big. I'll attach a picture.
- ❖ **Garlic**– The first garlic bulbs just came out of the ground last week. They are beautiful but not quite as big as they have been in the past. Next year we will plant them just a little further apart. Maybe that will help them grow a bit bigger. We have had beautiful garlic in the tunnels in the past. Garlic stays fresh on the cupboard; it doesn't need to be refrigerated. Fresh garlic is moister than the typical dried stuff in the store but is oh so wonderful.
- ❖ **Summer Lettuce** – With the new varieties we are planting we are able to keep a head of lettuce coming every week so far. What is a BLT without the lettuce right? We like to be able to send both tomatoes and lettuce out when we can. Heat makes tomatoes ripen and lettuce bolt so this has been a practiced science. It looks like we pulled it off at least a bit this year. We'll keep trying.
- ❖ **Tomatoes**– Here they come! Our tunnels of tomatoes are now producing. Some of our favorite ways to eat tomatoes are on salads, in a BLT or just sliced with salt or sugar on them. Great for caprese salads <http://www.foodnetwork.com/recipes/rac-hael-ray/caprese-salad-recipe/index.html>.
- ❖ **Swiss Chard** – This pretty produce is amazingly abundant this year. We could send it out every week because there is so much but we will only send it out every third week or so. It is great in a quiche or soup.

## Garlic Roasted Potatoes

3 pounds small red potatoes  
¼ cup olive oil  
1 ½ teaspoons kosher salt  
1 teaspoon freshly ground black pepper  
2 tablespoons minced garlic  
2 tablespoons minced fresh parsley

Preheat oven to 400 degrees  
Cut the potatoes in half or quarters and place in a bowl with olive oil, salt, pepper and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Toast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.

Remove the potatoes from the oven, toss with parsley, and season to taste. Serve hot!



Baby red potatoes, looks good to me!

## Next Week's Box

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

- ❖ Green Beans
- ❖ Onions
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Red Potatoes
- ❖ Peppers – we will see how quickly they grow
- ❖ Summer Crisp, Muir or Butterhead lettuce
- ❖ Citrus Basil
- ❖ Summer Squash and Zucchini
- ❖ Kale

## Help We're Being Carried Away!

One thing that is wonderful about farming is we get to be outside a lot. One thing that is awful about farming is whatever is outside we are with like it or not. Well right now it is easy not to like. After the six and a half inches of rain we had two weeks ago the mosquito breeding began in all the standing water. As an organic farm the last thing we are going to do is treat the water to prevent mosquito breeding so they have a hay day. Ugh. I would recommend if you don't like mosquitoes don't come visit us. We can't even walk into our garage without being swarmed. It is not fun picking in this. Yuck! Oh well, this too shall pass. Did you know on average mosquitoes only lives one week? We are hoping all the millions around here live less than that. Anyone want to build us some bat houses? I hear bats are awesome at eating these pests. I would much rather have bats than mosquitos! Bats don't hurt me or my kids! It is trickiest because it is getting hard to have Elizabeth, who is now 7 months old, out there and keep her from getting bitten up. Go away pests!



## Lettuce Washing

Because of the rain lettuce is muddy. Sorry! The best way to wash is cut off bottom, swish leaves in very cold water, remove and allow to dry or spin. Thanks!

## This Week's Menu

- Omelets with sautéed onions and chard
- Garlic Roasted Potatoes are a must
- Salad with cucumbers and tomatoes
- BLTs
- Cucumber salad (sliced cukes and onions with vinegar and sugar)
- Zucchini muffins or zucchini brownies ☺