



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Spring Onions** – We are so happy with our onion crop. Crazy enough we haven't started harvesting the onions we are really excited about. Those will be coming soon. We have beautiful red, white and yellow onions that are looking awesome. They just have so much growth potential yet that we don't want to harvest them 'little'. There are even bigger onions yet to come.
- ❖ **Broccoli** – The broccoli is looking great. We are having trouble harvesting it before it gets tall. We are doing our best. Even if it is a bit taller it still is absolutely delicious, it is just not the way you are used to seeing it. Broccoli cheese soup, steamed sautéed or broiled broccoli, delicious. ☺
- ❖ **Kale** – I have had so many people tell me I can't send them enough kale. Hope you have also found ways to love this wonderful healthy green. I have found that it is great as chips, fresh greens in a salad or on wraps or tacos and even just raw when I need a little treat. Enjoy!
- ❖ **Tomatoes?** – Depending on how many ripen this weekend. Maybe full shares?
- ❖ **Cucumbers** – We are picking these every other day but it is so hard to keep them super small because they are growing so fast! We are trying hard though! ☺ Try the refrigerator pickles. They are awesome!
- ❖ **New Red Potatoes** – Seasonal eating is so awesome. If you haven't tried garlic roasted potatoes now is a great time to do it.  
<http://www.foodnetwork.com/recipes/in-a-garten/garlic-roasted-potatoes-recipe-1913067> These are wonderful!
- ❖ **Beets** – Do you love beets? I sure do. Broil or boil them and then add coconut oil or butter and a bit of salt. This is a treat for me! Hope you enjoy them too!
- ❖ **Romaine Lettuce (Maybe)** – We have always tried to have cucumbers, tomatoes and lettuce at the same time. It is a really tricky growing feat. We are getting closer each year. We have an overlap this year but it is just if we have enough tomatoes to get to everyone in shares, and if the romaine lasts to your boxes. Enjoy what you can!
- ❖ **Green Zucchini** - I put a recipe in for zucchini salsa today. This would work great for either zucchini or summer squash. I use both of these interchangeably. Don't forget to sauté these with some onions. That is such a delicious way to enjoy this produce.

- ❖ **Sugar Snap Peas** – I will have just enough of these to get to full shares I believe. If not I will try and substitute green beans. I love these crops. It is sad that they are so time intensive to pick! Good things come to those who spend lots of time on them, or something like that. ☺

## Garlic Dill Refrigerator Pickles

*Makes 3 pints*

2 pounds Kirby cucumbers  
1 1/2 cups apple cider vinegar  
1 1/2 cups water  
2 tablespoons pickling salt  
6 garlic cloves, peeled (2 per jar)  
1/4 teaspoon crushed red pepper per jar (3/4 teaspoons total)  
1 teaspoon dill seed per jar (3 teaspoons total)  
1/2 teaspoon black peppercorns per jar (1 1/2 teaspoons total)

Wash and slice the cucumbers. In a large saucepot, combine vinegar, water and salt. Bring to a simmer.

Arrange jars on counter and dole out the spices to each. Pack the cucumber slices firmly into the jars. You don't want to damage the cukes, but you do want them packed tight. Pour the brine into the jar, leaving approximately 1/2 inch headspace.

Tap jars gently on countertop to dislodge any trapped air bubbles. Apply lids and let jars cool. When they've returned to room temperature, place jars in refrigerator. Let them sit for at least 48 hours before eating.

**Note:** Pickles may be stored in the refrigerator for up to one month.

## Zucchini Salsa

**Servings:** Makes about 8 pints

### Ingredients

10 cups shredded zucchini  
4 onions  
2 green peppers  
2 red peppers  
1/4 cup pickling (canning) salt  
1 tb. salt  
2 tb. dry mustard  
1 tb. garlic powder  
1 tb. cumin  
2 cups white vinegar  
1 cup brown sugar (I used 1/2 cup Splenda Brown Sugar)  
2 tb. red pepper flakes (I used 1 tb.)  
1 tsp. nutmeg  
1 teaspoon black pepper  
5 cups chopped ripe tomatoes  
2 tb. cornstarch (I used clear jel)  
12 oz. tomato paste

### Directions

1. Day One: In a large bowl, combine zucchini, onions, green pepper, red pepper and the salt. Mix together, cover, and let sit over night.
2. Day 2: rinse and drain well, the zucchini mixture and put into a large pot. Add mustard, garlic, cumin, vinegar, brown sugar, pepper flakes, salt, cornstarch, nutmeg, pepper, tomatoes and tomato paste.
3. Bring to a boil and simmer for 15 minutes. Pour into sterilized jars and place flats/rings.
4. Water bath jars for 15 minutes to seal.

## Next Week's Box

It looks like we should have these crops for next week's Box....

- ❖ Basil – Lemon or Italian Large Leaf
- ❖ Onions
- ❖ Cucumbers
- ❖ Red Potatoes
- ❖ Peppers – We are hoping they start to turn color soon
- ❖ Basil – Lemon or Italian Large Leaf
- ❖ Summer Squash and Zucchini
- ❖ Tomatoes (We hope!)