



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Zucchini** – The zucchini are now ripe and ready for us to share with you! My favorite zucchini ‘recipe’ is to slice it and sauté it with onions and some garlic scapes if you have any left. Add a little salt and pepper or other fun herbs you have lying around and it is a side dish fit for a king!
- ❖ **Green Leaf Lettuce** –. This light leaf is a classic around here. Because this is now lettuce coming from the field it will not be as clean. Chop the bottom two inches off and wash the leaves. Enjoy another salad before the lettuces bolt from the heat. As the summer goes on the heads will either not be sent out or at least be much smaller.
- ❖ **Sugar Snap Peas** – In my house these need no recipes. It is hard to keep them around because the kids eat them right up. If you need an idea they are great to sauté or add in soups or stews. I even threw these in our scrambled eggs and beef and rice soup but raw is our favorite way to eat these.
- ❖ **Fresh Green Beans** – Mmmm. I don’t need to say much about these except I hope you enjoy them as much as I do. Raw, boiled, steamed, sautéed; they don’t last long around here! Enjoy these while they are fresh and delicious!
- ❖ **Green Kohlrabi** – We love it raw but if you need something with a little pizzazz chop these and turn them into fries. Add some spices and bake them in the oven.
- ❖ **Cucumbers** – You can eat these raw or cut up on your salad. These are a hot seller at the farmer’s market. The long cucumbers are called Sweet Success and are supposed to get 12-14 inches long. They are not overgrown cucumbers. Just for the record. ☺



Red Kohlrabi – Since you are getting both a green and a red kohlrabi this week sit down and do a taste test comparison. Let me know if you have a preference. We have an idea of our favorite but want to hear from you too.



Swiss Chard – This ‘green’ is so beautiful. There is a recipe below if this is not a familiar food to you.

- ❖ **Citrus Basil** – This is amazing with chicken but can be used in so many ways. The wonderfully fresh citrus smell makes picking this much less of a chore. Sprinkle it on salads, mix it in a homemade dressing or just add it to a familiar recipe to add a bit of fun.
- ❖ **Pea Tendrils** – Here is a fun trendy bonus added to your box this week. Besides that they have a crazy texture when eaten raw they are so fun and have the craziest shape. These can be cut up raw on your salad, sautéed or added to any dish you would like a sweet pea flavor in. Enjoy!

Changing Boxes?

Remember in the beginning of the season I told you the boxes were going to change? The transition has now begun. Because we have had another month to grow since the beginning of July when the boxes first went out we now can add some fruit and not just greens. The cucumbers, summer squash and zucchini have just begun. Next week we will be sending out your first week of freshly dug potatoes. I believe we will have enough cabbage for everyone too! Tomatoes and peppers are not far behind now. We will continue to give you fresh lettuce when it is available but the boxes are going to look much different as the season goes on. Enjoy this adventure of seasonal eating!

It takes a crew to keep up our fields!



Double Check Your Items at Pickup

Please check and double check what you are supposed to pick up at your pick up site. Take exactly what is listed behind your name. If you have questions or think you are supposed to be getting something that isn't listed behind your name please let me know. We have been having a bit of mix-ups and it is much easier on all of us if everyone is super careful about picking up exactly what they have listed on the drop site sheet. Thanks you for helping us all have a smooth delivery.

Enjoying the Cukes?

Hope you are enjoying the early cukes! Our tunnels are amazing and we actually had our first tomato this week too. It will be a week or two before there are enough tomatoes for boxes but the color is coming. We are so thankful for our tunnels so we can get some August produce early. Hope you are enjoying your CSA experience where we do our best to get you a good variety of produce as much as the MN climate allows. Enjoy your fresh food!

Reminder!!! Monday boxes are being delivered on Tuesday the 7th this week! Hope you had a wonderful 4th of July weekend!

Quick and Easy Chard Recipe

2 pounds Swiss Chard
4 tsp melted butter
1/8 tsp pepper
1 Tbsp vinegar or lemon juice

Wash the chard and separate the stems from the leaves. Cut stems into 2 inch pieces. Cut leaves into 1 inch strips. In a saucepan saute stems in 3 tsp melted butter for about 5 minutes. Add the leaves and cook an additional 5 minutes. Add remaining 2 tsp of butter and pepper. Drizzle with the vinegar or lemon juice. Enjoy this colorful and extremely healthy green.



Next Week's Box

Our best guess for next week's box:

- *Dill
- *Cabbage
- *Cucumbers
- *Kale
- *Pea Shoots
- *Potatoes
- *Zucchini
- *Kohlrabi
- *Green Romaine
- *Green Beans

Recipe Ideas

Here is an awesome tool I just found on the World's Healthiest Foods Website. Choose the ingredients you want and don't want and then it will kick back recipe ideas. Awesome!

<http://www.whfoods.com/recipestoc.php>