



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Beets** – Some of you are like our friends are farmer’s market that clamor for these red balls of deliciousness. Others of you need to look on my website for the chocolate beet cake recipe. Either way these were happily and organically grown just for you. Enjoy cooked and buttered, broiled, or hidden in the chocolate beet cake. ☺
- ❖ **Green Onions** –. These yellow onions are delicious and can be enjoyed from the ball all the way up the green stems. Great in anything that you would typically use onions in.
- ❖ **Baby Red Potatoes** – While I am writing the newsletter I have not dug any potatoes yet except for the one that came up while I was pulling thistles in the patch. I hope they are good sized baby reds and ready to harvest and put onto your table. If they aren’t in the boxes it is because they were not as big as I had hoped. Thanks for understanding or enjoying them depending on how the first dig looks!
- ❖ **Kale** – My 5 year old Jonny has decided to cook kale on his own. If he can do it you can too! ☺ He rips the kale into chunks, puts it in a pan with coconut oil, salt and pepper and sautés it for about 10 minutes. He calls it delicious kale. What a chef, and he is proud of it too!
- ❖ **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. Check out the recipe below.
- ❖ **Cucumbers** – (maybe a few) 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. Make kohlrabi fries for fun!
- ❖ **Red Kale** – I can’t get over how beautiful this red kale is. I believe it is a bit sweeter than the green kale but it is really pretty close in the long run. Enjoy the beautiful, nutritious, deliciousness.
- ❖ **Cilantro** – This is still my favorite herb. I have been enjoying it on my grass fed hamburgers we have been making a lot lately. If you need some pattied or non pattied hamburger, let me know. We have it.
- ❖ **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 are just beginning. The newly dug potatoes should be in the boxes this week. The cabbage and broccoli should be here soon. The herbs are coming strong now! Tomatoes and peppers are not far behind. 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!

### \*\*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>



## Double Check 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 had someone forget a chicken and someone take a full share instead of a half. Really for 150 people picking up for 3 or 5 weeks already that is pretty good. Thanks you for helping us all have a smooth delivery.



Our CSA family amazing! The family with medical bills is fully funded! You are all awesome! Thanks.

## Baked Kohlrabi Fries

- 1 Turn your oven to 425 and grease or line a rimmed baking sheet with parchment paper. One of these split sheets is also a super helpful and reusable kitchen tool.
- 2 Peel kohlrabi: cut off a disc from the top and the bottom, and then like a melon, all the way around.
- 3 Slice the kohlrabi bulbs into home-fries
- 4 Toss with the melted oil and sprinkle on some sea salt and cover generously in your spice blend (use your favorites to change it up! An Indian spice blend, a chipotle or Mexican blend, or just some store bought chili powder.)
- 5 Roast for 30 minutes, tossing halfway and rotating the pan. Serve right away with a dipping sauce.



## Next Week's Box

Our best guess for next week's box:

- \*Lemon Basil or Basil
  - \*Cucumbers
  - \*Swiss Chard
  - \*Broccoli
  - \*Pea Shoots
  - \*Potatoes
  - \*Zucchini
  - \*Kohlrabi
  - \*Some Lettuce
  - \*Green Beans or the following week
- Maybe a pepper or tomato, we are waiting!