



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Cucumbers** – We have a couple different varieties of cucumbers. Some are small and the typical cucumber shape but we also grow an English cucumber. These ‘sweet success’ cucumbers will grow 18 inches long and are amazing. These have made cucumber fans out of many of our members.
- ❖ **Red Fire and Green Leaf lettuce** – These green and red leaf lettuces are small and tender. The lettuce will slow down soon so enjoy your fresh salads and lettuce on your sandwiches now.
- ❖ **Red or Green Kohlrabi** – Here is that funny shaped bit of deliciousness. This can be sautéed or made into a slaw with your cabbage. Our favorite is to eat it raw like a carrot or celery stick.
- ❖ **Spring Onions** – Spring onions are great for cooking. Some are bulbing out already and some just have a smaller bulb. The whole onion is edible from the white bulb to the top of the green top. Sauté this with your summer squash and zucchini! It is delicious!
- ❖ **Tomatoes or Peppers (Full)** – We picked our first peppers yesterday! Although there are not a lot they look beautiful! Another great thing to add to the sautéed dish. We only have tomatoes and peppers because of our high tunnels. Enjoy this early blessing!
- ❖ **Cabbage** – I think there should be enough cabbage for everyone to get a decent sized head. They are not huge but then it would be hard to fit other things in the box. I should have given this to you last week so you could have cole slaw for your 4<sup>th</sup> of July parties. Cooked cabbage with a little salt and butter is also awesome.
- ❖ **Summer Squash and Yellow Zucchini** – Yellow zucchini looks like a straight zucchini with a bright yellow color. Summer squash is a light yellow bumpy elongated pear shaped fruit. Both can be used interchangeably. You will be getting one or the other in your box this week.
- ❖ **Zucchini** – These are great for zucchini bread or sautéed. This is another hot seller at market right now!
- ❖ **Kale** – Mix this in with your lettuce salad or make the classic kale chips. Lots of people use this for their smoothies too!
- ❖ **Garlic (Full)** – We dug our first heads of garlic yesterday. Looks like it is going to be a great crop! We will put this in full shares this week. This is fresh dug garlic, not dried, so it will be moister and a bit more potent. You can sit it on the counter to dry if you don’t want to use it right away.
- ❖ **Garlic Scapes**– These green swirls you probably recognize by now. If you get them in your box next week it will probably be the last week. We are running out. No more until next year.

## Blessing Others with Your Share?

I know several of you have held your box or are having someone else pick it up for you this week. We just want to remind you that if someone else is picking up your share please inform them exactly what to do.

- Are they supposed to get a chicken?
- Do they take eggs?
- Do they only pick up a share and not eggs or chicken?
- Do you pick up a white or black box.
- Remind them to bring a bag to put your goodies into.

We love to share with others just please confirm with them the color of your box so that they know what to do. Thank you and enjoy your 4<sup>th</sup> of July week!

## My favorite summer meal!!!

- One summer squash or yellow zucchini
- One zucchini
- Two onions
- One clove of garlic or bunch of garlic scapes
- Salt and pepper

Slice the zucchini, summer squash and onions into thin slices.

Chop the garlic scapes into slivers or chop or squish the fresh garlic clove.

Place into pan, I love my cast iron pan, and sauté in your favorite oil or butter until lightly browned. This is my easy go to meal this time of the year.

This is great served over rice.

For variations add sausage, or another meat.

Add peppers when in season or throw in different spices to switch it up.

I will also throw tomatoes or kale in towards the end to give it a new taste twist. Enjoy!

**Remember! 4<sup>th</sup> of July's delivery is rescheduled for Tuesday this week!!!  
Have a wonderful Holiday.**



## Hard Working Bunch!

We are so grateful for our amazing crew this year! From left to right:

Carl Soller is loving his 6<sup>th</sup> year with us. He is our star cultivator with our new, old Farmall tractor and is a well-diversified, energetic team member. He's heading back to college in August and we will greatly miss him!

Brian Linley joined us this year from Florida. He has a great attitude and is our John Deere tractor driver extraordinaire! He will be with us your round now. Welcome to the team Brian.

John Rettmann just graduated and has a passion for organics and eating good food. He doesn't always go home after work, sometimes he just stays to hang out with the animals and kids.

Addie Theis has her summer break from college in Mankato. Her positive attitude and plant science major are great additions to our team.

Megan Phillips is also a recent High School graduate. She is a returning team member who loves to weed! We really appreciate that. She was a big part in the 65,000 onions we just weeded by hand.

Jennifer Klama is also a Florida Native. She has experienced the corporate world, is a trained yoga teacher and is now here to bless our farm with her presence. Although she has no past farming experience he has gracefully stepped into the team lead position and is a star at the farmer's markets!

Thank you for supporting our farm so we can pay our wonderful crew. There is no way we could accomplish this without them!!

Not included in the picture are our amazing driver Bruce Peterson and our animal manager Andrew Lewis.

Bruce has been with us for 6 years and we love his accuracy and flexibility. Andrew does a great job caring for our menagerie of animals. We love our crew!