



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Garlic Scapes** – Use these just as you would garlic, except you don't have to peel it. Chop and sauté this for your favorite dishes. You can dice it and put it in salads, or put it in soups or stews or salads to add a mild garlic flavor. These are great in eggs.
- ❖ **Mixed Variety Radishes** –The oval radishes that are red on top and white on bottom are French Breakfast. The Huge Red ones are German Giants. They are all good fresh cut up on your salad or eaten whole. They also can be roasted and then they loosed their bite.
- ❖ **Kale** –This is a super food. Delicious and very good for you too. Use these in smoothies, toss it in salad,or make kale chips from the recipe below.
- ❖ **Bok Choi** – This Asian cabbage is great in stir fries or eaten raw. I like to make egg salad and dip the stalks in it and eat the leaves in an egg salad wrap.
- ❖ **Pea Shoots**- These are the trendy new veggie. They taste like peas but are in a fun new form. Top a salad, saute or snack on these frilly treats.
- ❖ **Red Leaf Lettuce (Full)** – Sweet frilly red to green lettuce half shares later.



- ❖ **Cilantro** – I love this herb! Cut it up and put it on your eggs or salad. This will store in the bag in the fridge for a good week too.
- ❖ **Beets** – These beets are not harvested fresh but they are harvested here. The great thing about these crops that we harvested last fall and stored through the winter is that the starch converts to sugar and that makes them even sweeter.
- ❖ **Green Forest Romaine Lettuce** –Two of our favorite ways to use it right now are egg salad wraps and taco salad. I also included a smoothie recipe using romaine lettuce.
- ❖ **Ishikura Bunching Onions** – We were having trouble harvesting these because of the rain. They were snapping in half as we harvested them. These may or may not make the boxes this week. I can't feel good about ruining half the crop so I can send the other half out. We will see what weather permits.

Garlic Scape Dressing

- 2 garlic scapes, coarsely chopped
- 2 green onions, coarsely chopped
- 1 teaspoon honey
- 2 teaspoons Dijon mustard or similar brown mustard
- 4 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- dash salt
- 1/8 teaspoon fresh ground black pepper
- 1/2 cup extra virgin olive oil

In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended.

Welcome: Drop Site Etiquette

We are so happy to have you as part of our community! We are looking forward to a great year. As this may be new to some of you here are a few tips to make everything go smoothly when you pick up your box....

- Check the list of names at your pickup site. Verify you are on the list and see exactly what items you ordered. Pick up the items you ordered and sign behind your name so we know you got them.
- Half or Whole? Please double check that you are taking the right size share. The majority of the calls I receive about drop site issues are because someone orders a half or whole share box and only the other size is there when they get to the drop. Black boxes are half shares and white boxes are whole shares. Thank you for being considerate to your fellow members by double checking you are picking up the correct size box.
- Please bring your own container to transfer your produce into for the trip home.
- Stack the boxes in the shed. One pile of half share black boxes, one pile of whole share white boxes and one pile of lids. This will help keep the shed clean for people coming after you.
- Go home and enjoy your fresh goodies!
- Please call or text with any questions. I try to always have my phone with me.

Roasted Radishes

1 bunch radishes
Enough oil to coat radishes
Sprinkle of salt (or garlic, paprika, cilantro, etc.)

Wash, trim and cut radishes if you would like them smaller.

Toss radishes in bowl with olive oil.
Spread on cookie sheet (you can line your pan with foil for easier cleanup)
Sprinkle with seasonings

Roast at 375 degrees for 20-25 minutes
This is a recipe even my children love. Hope you do too!

Seasonal Eating

A CSA is where you truly learn about eating seasonally. In the winter we all long for that first salad. Finally spring comes with its abundant greens, summer brings the potatoes, cucumbers, peppers and tomatoes and the season rounds out with some more spring and summer crops with the addition of those wonderful fall apples, pumpkins, storage onions and squash. Think of this as an eating roller coaster ride enjoying each change in scenery as the seasons come and go. As easy as it is to wish for the produce coming next remember to enjoy what you have when you have it. There are few things in MN that stay with you the whole summer. The huge lettuce heads, garlic scapes cilantro, bok choy and radishes will bolt and get bitter in the summer heat. The great thing about all of our products is that they are grown right here. Nothing from My MN Farmer is from anywhere except your MN farmers Dean and Jean Braatz. We are growing local home grown produce just for you. Please enjoy the ride!

Spaghetti with Sausage and Kale

3 tablespoons olive oil

1 lb hot pork sausage, casings discarded and sausage crumbled

1/2 lb kale, tough stems and center ribs discarded and leaves coarsely chopped

1/2 lb dried whole wheat spaghetti

2/3 cup reduced-sodium chicken broth

1 oz Pecorino Romano (1/2 cup) plus additional for serving

Heat oil in a 12-inch skillet over moderately high heat until hot but not smoking. Cook sausage, breaking up any lumps with a spoon, until browned, 5 to 7 minutes.

Meanwhile, blanch kale in a 6-quart pot of boiling salted water, uncovered, for 5 minutes. Remove kale with a large sieve and drain. Return cooking water in the pot to a boil, then cook pasta in boiling water, uncovered, until al dente. Reserve 1 cup of pasta-cooking water then drain pasta in a colander. While pasta cooks, add kale to the sausage in the skillet and sauté, stirring frequently, until just tender, about 5 minutes. Add broth, stirring and scraping up any brown bits from the bottom of the skillet. Then add pasta and 1/2 cup reserved cooking water to skillet, tossing until combined. Stir in cheese and thin with additional cooking water if desired. Serve immediately.