



My Minnesota Farmer CSA

My basket this week may include

- ❖ **New Red Fire Lettuce** – This is such a wonderful light and pretty lettuce. The curly leaves make for a fun salad but make it tricky to fit in the bag. ☺ You may need to just cut the bag to get it out.
- ❖ **Garlic Scapes** – (full shares) These are a delicacy. Known for their mild garlic flavor they can be chopped and eaten on your salad or sautéed with onions for true delicious meals.
- ❖ **Ishikura Bunching Onions** – I love the versatility of this onion. You can eat them raw on a veggie platter, you can cut them up and put them on a salad, or cut and sauté them in your favorite dishes. The whole onion, including the green, is edible. The flowers are edible too but I think the texture may be a bit strange. ☺
- ❖ **Bok Choi Joy Choi**– I have learned to love raw bok choy as a treat. The leaves work well for wraps and the base can be eaten like celery. The greens can also be used as a substitute for lettuce or chopped up and sautéed. You can also use it as a substitute for celery in soups or stews. When cooked it has a pretty mild flavor. I enjoy the outside stalks raw with or without dip.
- ❖ **Beets** – These were harvested last fall and stored through the winter. They sweeten as they are stored so they are especially delicious now. My favorite way to eat them is broiled but they can be boiled, shredded raw on salads or my crazy kiddos eat them raw like an apple, it is messy business doing it this way though so beware!
- ❖ **Cilantro** – This is my favorite herb. It just tastes so much like spring! My favorite things to do with cilantro is chop it small and put it on my salad or sandwiches, use it in fresh salsa, although my biggest tomatoes are the size of a marble right now, or put it on eggs, soups or other hot dishes.
- ❖ **Kohlrabi** – These wonderful crazy shaped balls are so delicious. I cut one up for supper and it was gone in a flash. For those of you who are unfamiliar with this you cut the green or red outside off and eat the crisp, juicy white center. It is like a radish but without the bite. This can also be cut up and used as a substitute for potatoes in soup. are grand duke kohlrabi so they are supposed to be big. Bonus: the leaves are also edible.
- ❖ **Romaine Salad Mix** – We have taken a mix of our favorite lettuces and combined them for you. This bag includes green romaine, new red fire, butter head and red romaine. Looks like a salad waiting to happen.



- ❖ **Green Forest Romaine Lettuce –** (Full Shares) This is a great green lettuce. Fresh and crisp this has been a staple food for my family the last couple weeks, taco salad, egg salad wraps, lettuce on a hamburger or a Caesar salad. We have been thoroughly enjoying this spring treat. Lettuce stays better unwashed so that is how we deliver it to you. There is only organic soil on it anyway. ☺ You can't get much cleaner than organic lettuce even if it isn't washed.

How does your garden grow?

On our weekly garden walk this week we couldn't help marvel at the beauty of the gardens. The fields look so beautiful and we have more ready to go than any year that we can remember previously. We could contribute this to the fact that we put cover crops down this year or that the weather has been amazing but honestly I believe we are just blessed. The bounty of the gardens already is absolutely amazing and it looks like this will continue. The tomatoes and peppers have flowers, the beets, peas, beans, corn and carrots are beautiful in their long straight rows. The only crop we are having trouble with so far is the cucumbers. We have one tunnel well set with baby plants but tunnel 9 we are still replanting. We have tried it twice already with little luck. Maybe that tunnel needs to not have cucumbers in it this year. All in all the gardens are amazing. The potatoes are a foot tall, the onions are green and happy, and the squash and pumpkins look great. Keep praying for no hailstorms and the amazing light rains we have been having. Warm temps are such a blessing too. Hope for your sake and mine that everything continues as amazing as it has been. We love farming!



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.

But I want Garlic Scapes (or fill in your favorite produce) ☺

One of the wonderful things about eating seasonal locally grown vegetables is that things are seasonal. There are neither cucumbers in May nor Garlic scapes in October. Things start slowly, 10 beans, 100 beans 1,000 beans and slow down the same way. Because of this I don't always get exactly the same thing to every drop site and share size every week. This week full shares get romaine and garlic scapes but unless a tornado hits everyone else will get them next week and for a couple weeks thereafter. You definitely can let me know if you were sad you didn't get garlic scapes this week but believe me you will get some. I have a chart on my wall that tells me which products went out to which shares on each day. I will do my best to get each and every member a well rounded box throughout the season even if it isn't exactly the same as your friends in the next town each week. Thanks for loving and understanding our diversified seasonal farm!