



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Swiss Chard (and or kale)** – The swiss chard leaves are shredded from the rain. ☹️ I was going to send them out but I just can't do it. The rain fell so hard and fast it tore LOTS of holes in the leaves. I thought about selling it as precut swiss chard but figured that wouldn't go over very well. Sorry. The new leaves look really nice (so far) and we will see how fast they grow then I will send that out.
- ❖ **Green Romaine Lettuce** – We have harvested all of the romaine out of the first 5 high tunnels and are now on to the tunnels in the field. This lettuce is a bit smaller but wonderfully tender. Because the lettuce grew faster than the water logged roots would move the nutrients up the leaves some have had browning tips and spots in the leaves. They are still totally edible just not always eye appealing.
- ❖ **Bok Choy** – The full shares will be getting bok choy this week. It is smaller but extremely tender and delicious. We have had a bit of bug damage on the outer leaves. We know it was almost big enough to send out so we didn't spray it with our organic spray. I would prefer an untreated plant (even organically) with a couple bug marks than a sprayed a little prettier plant. If you totally agree or disagree let me know. I like to know what you would like.
- ❖ **Kohlrabi** – This set of kohlrabi is now mostly winner. This is a much smaller kohlrabi. You can pretty much tell if you have grand duke or winner because of the size of the ball and the leaves. Both are extremely delicious. These are great raw but you can also sauté them or cut them up and put them in soups or stews. This also works great in salads or shredded with vinegar and onions like a cole slaw.
- ❖ **Green Star Lettuce** – This is the light green frilly lettuce again. This tender crisp lettuce is also good for salads, wraps and even smoothies. These are also a bit smaller than the last ones you received but they show much less signs on old growth. They're beautiful!
- ❖ **Basil** – I spent a lot of time harvesting and sorting basil. Because of the rain the leaves had browning edges and pelleting rain holes in them. We sorted it and now it looks much better although it still may need to be washed. The dirt splashed up from the hard rain onto the leaves. It doesn't hold up as well after it is washed so wash it when you are ready to use it.
- ❖ **Garlic Scapes** – This will be the last week you get garlic scapes this year. The three tunnels of garlic we have are almost all picked out of scapes. Enjoy this delicacy while they are here. Before you know it you will start to get garlic heads. Not as many germinated as we had hoped but I think the ground was a little more compacted than the garlic would have liked it. This is a wonderful crop we love! Hope you do too!



## Crazy Wet Weather!

Wow, this has been one of the wettest springs yet. I heard this week we had the seventh wettest day ever on record. I can believe it! The most interesting part is that the forecast is not changing. It looks like this coming week is nothing but rain, rain, rain. The sad part about all the water is that the crops are having trouble growing with the excess moisture. We have some cabbage plants that have been planted for more than two months and they are just starting to form a head. They just can't pull the nutrients out of the soup they are growing in. When we had a couple drier/warmer days, I felt like we could almost see them growing. They were so happy. Then I walked past a patch of cabbage this afternoon and a dozen cabbage plants were light green and lying flat on the ground and they won't come back. They were just too wet. Luckily we always plant extra of everything.

This is another year we are extremely happy we have the high tunnels. Parts of them get flooded but they don't get rain. They have paid off in so many ways. They are expensive and a lot of work to put up but I really think they are worth it in the end. Grow plants grow!

We don't usually have lakeside property. You can see the ends of the rows get buried in our new lake. Bummer. This picture was taken before our last couple inches of rain. More crop is getting buried each time it rains. Sometimes we desperately pray for rain on our farm, not this spring! And in case you are wondering the crops that are planted are from left to right broccoli, cauliflower, collards, winter density lettuce, two star, red romaine, kale then potatoes.

## Answers to FAQ's

Yes we would love returned egg cartons! If you just leave them at the drop sites we will pick them up the next time we are there.

Also the wax covered boxes the meat comes in are reusable!

Thanks for helping us recycle!

## Chicago Dog Salad

When I first saw all the ingredients for this salad I was a bit skeptical but then I tried it and I am sold. I really enjoy salads that you don't need store bought dressings to enjoy. Try this crazy salad and see what you think!

### Ingredients

- 1/4 cup yellow mustard
- 2 tablespoons vinegar, eyeball it
- 1 rounded teaspoon sugar
- 4 tablespoons vegetable oil
- 1/2 medium red onion, thinly sliced
- 8 oz of shredded cabbage, bok choy or kohlrabi
- 1 romaine heart, shredded
- 2 vine ripe tomatoes, diced
- 3 large half sour or garlic pickles, chopped
- Salt and pepper
- 8 pork or beef hot dogs, cut into angled 1-inch-thick slices

### Directions

In the bottom of a large bowl, combine mustard, vinegar, sugar, and about 3 tablespoons of vegetable oil. Add the onions, cabbage, romaine, tomatoes, and pickles and toss the salad. Season with salt and pepper, adjust seasonings, and reserve.

Heat a large nonstick skillet over medium-high heat. Add in remaining 1 tablespoon vegetable oil (1 turn of the pan) then arrange the sliced dogs in a single layer. Sear them a couple of minutes on each side. Remove to paper towels to drain. Mound up the salad on plates, top with seared dogs, and serve.

## Next Week's Box

Remember, this is our best guess but please don't be mad if I am wrong. Weather changes things so much. Way too much rain and not enough sun and big scary storms totally change the way things grow.

- Swiss Chard or Kale
- Green Romaine Lettuce
- Spring Onions
- Kohlrabi
- Bok Choy
- Red Romaine
- Leeks
- Loose Leaf Lettuce

We have had our first tomato and one cucumber. Hopefully they will pick up and produce a ton soon! We are excited for homegrown tomatoes and cucumbers!