



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Rainbow Swiss Chard (or kale) -**
Looking for a little color? Here it is. Sauté rainbow chard for a colorful dish or chop it and throw it in a salad. Because of the driving rain/hail last week a lot of the bigger leaves are holey. This is neither bugs nor anything unnatural. Sorry, I would rather send out precut chard than no chard at all. Especially because they are so big and delicious. Let me know if you disagree. Sorry, we are working with the weather that we have.
- ❖ **Green Star Lettuce** – This is that light green frilly lettuce. There is probably another week of it next week from the field. We are harvesting the rest from the tunnels this week.
- ❖ **Green Oak Leaf Lettuce** – This is a delicious mild tasting lettuce. The light green color is beautiful and distinct. This is a great, frilly addition to any salad or sandwich. I have found because this is pretty mild the kids love this one.
- ❖ **Cilantro and Lemon Basil** – These are two of my favorite herbs to pick and eat. Cilantro reminds me of our Mexico vacation. It is such a fresh wonderful taste. If you have tomatoes it goes awesome with tomatoes. It is also a great addition to a salad or tacos. Lemon basil is a great herb to cook with meats especially chicken. Lemon basil chicken is awesome.
- ❖ **Leeks and Spring Onions** – We have enough spring leeks to cover Monday we believe. On Wednesday we will send out spring onions instead. There should be more leeks in the fall and more onions all throughout the year. We have a lot of onions planted. Some of them seemed like they were drowned out after the rain but it seems like they are perking back up. That is good because it would be a bummer to lose some onions. They are such a wonderful versatile crop. Leeks can be used a lot of the same ways that onions are used. We like them sautéed with garlic and put in salads, soups and stir fries. There is a very good leek potato soup recipe online if you are looking for something fun.
- ❖ **Hakuri Turnips** – (Wednesday) I am not totally happy with the prettiness of these turnips. There are some markings on the turnips that I wish were not there. I debated not sending them out but since the marks will not change the taste of them I figured it would be good for you to try. Just peel them and you will see the prettiness on the inside. Hakuri turnips are one of the best varieties of turnips in my opinion. They have a little sweet taste and then a bit of a bite. Try them and see what you think. ☺ I am hoping to have enough for everyone on Wednesday but we will just see how well they grow this week.
- ❖ **Tomatoes, Cucumbers, Zucchini** – All of these crops are just on the verge of popping out lots of fruit. We have had a handful of ripe tomatoes, about a dozen cucumbers and the biggest zucchini is about two inches long. These will soon

be ready but we have very few for now. If you get any of these in your box now count it as a bonus. For most of you they will be starting in the next two to three weeks. We also have cute peppers on some plants. Not a lot yet but they are starting.

- ❖ **Green Romaine Lettuce** – This is the last of the lettuce out of our tunnels. Probably because of heat some of the tips of the lettuce heads have browned. It isn't getting the nutrients that it needs all the way up to the tips. I guess it just grew too fast. We will remove most of the leaves that have browning but when the whole leaf is beautiful except for a bit of the tips it seems wasteful to throw the whole thing away.

Swiss Chard

Ingredients

1/2 teaspoon salt
2 pounds swiss chard or similar green
4 teaspoons melted butter
1/8 teaspoon pepper
1 tablespoon vinegar or lemon juice

Directions

Rinse Chard and separate the stems from the leaves. Cut stems into 2 inch pieces. Cut leaves crosswise into 1 inch strips. In a saucepan add 2 teaspoons butter, heat until melted. Add stems to pan and sauté for 5 minutes. Add leaves; Cook another 5 minutes. Add remaining 2 teaspoons butter and pepper. Mound the swiss chard in the center of a serving plate and drizzle with vinegar or lemon juice.

Next Week's Box

Lots of produce is just beginning to ripen. Here is our best guess for next week:

Green Star Lettuce
Beginning of the Cucumbers for some
Summer Squash and Zucchini
Blue Curled and/or Dinosaur Kale
Some Tomatoes
Green Onions
Parsley
Red Romaine Lettuce

A Little Farm News

His is another wonderful crazy year. Typically the third week is the hardest week to have things ready for. We did lots of strategic planting this year to make sure we had enough ready at this time. Unfortunately the large amount of rain has caused many plants to have very wet roots, which stunts their growth. The good news is that there are lots of things which are almost ready. We had our first cucumbers this week. We also have four tomatoes that have ripened to full maturity. There is more orange tomatoes in the tunnels every day. We are excited about biting into our first tomato sandwich. Caprese salad is making my mouth water. There are so many exciting veggies and fruits coming up. We love the summer! Hope you are enjoying and looking forward to all the produce we have been blessed with.



Perfect Looking Produce

From crooked cukes to totally twisted tomatoes we are going to give you produce that has outstanding taste. We grow a lot of heirloom and other great tasting varieties that aren't genetically modified to be round, red and perfect for transportation (have you had beautiful cardboard tasting tomatoes from the store?). We love the varieties that aren't necessarily perfect to look at but the flavor is absolutely extraordinary and will keep you begging for more. For those of you that were members last year, do you remember the delicate texture of the savory sweet flesh of the very ugly true cantaloupe that you got? I had people calling me to ask what it was so they could get more. That is the food we love to grow and eat. Maybe not aesthetically perfect but tantalizing for your taste buds.

