



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Green Romaine Lettuce** – The best way to store lettuce is in the crisper in the salad drawer of your refrigerator. It is a good idea to keep it in a loosely closed bag so it doesn't dehydrate. This way it will be crisp and delicious for much longer.
- ❖ **Music Garlic Scapes** – These will be in everyone's share this week. Only full shares got them last week. Chop them small and put them on your salad or put them in your soups, casseroles, potatoes or anywhere else you would use garlic. I love their mild garlic flavor.
- ❖ **New Red Fire Leaf Lettuce** – This wonderful light lettuce is fun and frilly and sweet. As with all of our lettuce it is not prewashed. As soon as you wash lettuce the cell walls in the leaves start to deteriorate. If you want to have it last longer wash it right before you use it not when it arrives in your box.
- ❖ **Ishakura Green Bunching Onions** – These are the green things in the box that maybe have a flower on top. Chop them and use them as fresh onions or put them in the omelette or other recipe you are making this week that uses onions. This is such a wonderful spring dish!
- ❖ **Salad Mix** – This is a prepackaged mix of our favorite lettuces. The way this is packaged is great for storage. Keep it in the bag until you are ready to wash it.
- ❖ **French Breakfast Radishes** – We grow a bunch of different varieties of radishes but these seem to be a customer favorite. They are special because of their sweeter radish flavor, the red to white coloring and the tall shape. They are delicious and beautiful. If you are not a huge radish fan try them roasted. My kids love them that way. Basically toss with oil and spices and roast for 20 -30 minutes at 375 degrees but if you want a more in depth recipe go to <http://www.food.com/recipe/roasted-radishes-287888>. I love these with garlic on them. ☺
- ❖ **Bright Lights Swiss Chard** – This is probably a new one for some of you but isn't it beautiful! I love the rainbow colors. The whole thing is edible. Chop up and put on your salad or saute it with the garlic scapes. Or try this swiss chard omelette <http://www.organicauthority.com/breakfast/rainbow-chard-goat-cheese-omelet-recipe.html>.
- ❖ **Parsley – (Full)** This is a great garnish but is also used in the salad dressing recipe below or the chard omelette recipe. We munch on it as is. This is a pretty natural breath mint too. ☺

- ❖ **Mustard Greens – (Full)** As you can probably see by the name mustard greens have a bit of a bite to them. They are great mixed in with other lettuces or add a great zip to your sandwiches.
- ❖ **Pea Shoots – (Full)** These may be new to some of you. They are a favorite of many of Blue Bird Garden's CSA members so we thought we would give them a go too. What do you think? Great salad topping or can be sauted with onion and garlic for a side dish.

Farm Update

A snapshot of our farm:

- The cows and calves are enjoying fresh pasture. It has been a beautiful spring to grow lush grass for their hungry stomachs (all 4 of their stomachs)
- Our potato plant are a foot tall
- Our apples are just bigger than marbles
- The spinach in the field did not germinate well
- The cool season crops are looking better than we can ever remember at this time of the year
- We weeded almost all of our 60,000 onions this week.
- The tomato plants have golf ball sized tomatoes on them
- Tiny cucumbers are appearing on the plants
- The zucchini plants are flowering
- We still have one more ewe to lamb
- Rama Lamba Ding Dong our ram got his yearly sheering last week
- Our bees are buzzing around and pollinating lots of flowers
- 280 of our chickens are being processed this week
- Our birds are healthy and no avian flu symptoms are spotted
- There are plenty of weeds but we are staying ahead of them better this year than any year previous.
- We harvested approximately 1, 500 heads of lettuce this week

Salad Week!

My recipe this week is going to be for an amazing salad. My favorite thing about salad is there are so many things you can do with lettuce to make it even more enjoyable. Romaine is also very nutritious. Check it out on World's Healthiest Foods website.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=61> Here is my salad idea for the week.

Wash one head of romaine and one head of red fire lettuce. Spin, or drip dry and set aside.

Wash and finely chop the garlic scapes, radishes, green onions and pea shoots. Toss on top of salad.

Whip together a homemade salad dressing. Many options for homemade salad dressings are here <http://wellnessmama.com/1531/salad-dressing-recipes/>

Italian Dressing

- 3 Tablespoons white wine vinegar
- 1 small squirt Dijon mustard
- ¼ cup olive oil
- ½ tsp onion powder
- 1-2 tsp finely chopped garlic scapes
- ½ tsp each thyme, basil and oregano (or parsley)
- Salt and pepper to taste

I put all these ingredients in a mason jar and shake it up. TaDa! Homemade salad dressing without all the additives!

Next Week's Box

Here is my guess of what will be ready next week. As long as you don't hold me to this exactly I will be happy to give you an idea of what should be ready next week. I know it helps with meal planning!

Bok Choi	Pea Shoots
Garlic Scapes	Red Leaf Lettuce
Green Onions	Cilantro
Kale	Romaine
Radishes	

Welcome to the CSA

I hope you had a wonderful first delivery. I know that the first time you go to a drop site it can be confusing. Please call or email if you have any questions or if you have suggestions about making it run a little smoother. We only see the business from this end. Let us know how we can make it easier for you.