



My Minnesota Farmer CSA

My basket this week may include

- ❖ **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. ☺ These onions were planted last year and lasted through the winter so we could harvest them in the spring. We planted bunching onions this year too but they are much smaller. More are to come.
- ❖ **Dwarf Blue Curled Kale** – Kale is a wonderful healthy green. This is another extremely versatile product. I enjoy it raw as a lettuce substitute in my tacos, salads or on a sandwich. It also can be chopped and Sautéed or made into kale chips. Kale chips are my seven year old sons favorite thing. He begs to go out to the garden to pick kale to make his own chips and just like any good mother would I let him. I will include the recipe for kale chips below so you can make some too. Or have your kids do the work. ☺ You could also chop the leaves up and put them in a soup you are making. They are so very good for you! Get healthier!
- ❖ **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 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. We don't typically cut the leaves off but they wouldn't fit in the box, so I did this time. These are grand duke kohlrabi so they are supposed to be big.
- ❖ **Green Forest Romaine Lettuce** – 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. We have washed the lettuce but unless you cut it apart all of the things that get in lettuce are hard to get out. If you chop the bottom off and clean it after it is leafed out you will have much better success. The good thing is anything in there is organic dirt. ☺ No chemicals on this lettuce!
- ❖ **Garlic Scapes** – If you haven't used garlic scapes before you are missing out. These amazing mild garlic tasting treats are wonderful for putting on salads, in soups, in eggs, or anything you would like to flavor with garlic. This is actually the seed stalk of the garlic plant. When taken off not only is it a culinary delight it also helps the garlic bulb by putting less energy into

the seed stalk and more into the bulb. This produces bigger healthier garlic heads. We like that part too!

- ❖ **Red Romaine Lettuce** – Red romaine is a beautiful way to add color to your salad. This crisp dark red tipped head is very good for you too. We love the color in this and hope you do too!
- ❖ **Cilantro** – This and lemon basil are my two favorite herbs. It is a taste of Mexico without the plane ticket price. ☺ Use this herb on eggs (with a little salsa makes huevos rancheros). I love this as an added spice in my sandwich and salads too. Very good!

Kale Chips

1 head kale, washed and thoroughly dried
2 tablespoons olive oil
Sea salt, for sprinkling
Directions
Preheat the oven to 275 degrees F.

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

How does your garden grow?

This has been a cold wet spring. Our high tunnels are growing beautifully and that makes us very happy. Our gardens outside are just starting to really take off. It was a slow start. Even 60 day crops that have been growing for more than 60 days are not ready in the field. It sounds like we are supposed to get some warm weather this week to get everything growing again. Two crops we are bummed about are our spinach and radishes. The radishes have now bolted so very few of what we have planted are able to be sent out. Our spinach got wet feet and drowned. Luckily we grow many other things besides those two crops. ☺ We even got our first pepper off our plants today. Spring is turning to summer. We are ready for tomatoes. We have many fruits the size of tennis balls. Now they just need to grow more and turn that beautiful red color!

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 issues are someone orders a half or whole share box and only the other size is there when they get to the drop. Black boxes are 6half shares and white boxes are whole shares. Thanks you for being considerate to your fellow members by double checking you are picking up the correct size box.
- Please bring your own container from home to transfer your produce into to bring 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!



Next Week's Box (Guess)

Green Star Lettuce	Romaine
Garlic Scapes	Basil
Red and Green Kale	Possibly some radishes
Bunching Onions	Kohlrabi

Remember these are predictions actual contents may vary. ☺ Thanks!