



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Green Leaf Lettuce** – This light curly lettuce makes a wonderful pretty frilly salad. When this lettuce gets large it gets really hard to fit in the produce bag. We are trying to harvest them a bit smaller so we don't overwhelm you with lettuce right away. We love lettuce and hope you do too but don't want to overwhelm you. If you get too much share it with a friend. We are giving you more than your dollars' worth in your box.
- ❖ **Green Garlic** – The long things in this box that look like green onions are garlic. Chop the whole thing up and use it as you would use garlic, in a dressing or sauted. Delicious!
- ❖ **Red Romaine (Full Shares)** – This beautiful rich lettuce adds so much to your salad. 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.
- ❖ **Cucumbers** – I think I have a enough cucumbers for everyone to eat one this week. They are so good on salad or just eaten raw like an apple. I know that is how my kids love them!
- ❖ **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.
- ❖ **Radishes** – 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 – (Full Shares maybe halves too)** 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 galic 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 sald dressing recipe below or the chard omelette recipe. We munch on it as is. This is a pretty natural breath mint too. ☺
- ❖ **Mesculin Mix – (Full)** This is a lettuce for those of you who enjoy a little zip in your lettuce. These are great mixed in with other lettuces or add a great flavor 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: Storm News

There was quite a storm around here Friday night. Fifty mile an hour winds did a number to a couple different structures out here. We had covered high tunnel 14 less than a month ago and the cover was ripped all the way along the edge. There are many tunnels who have had their cover last for years and now after just a month this one has to be replaced. Bummer. This tunnel has healthy young tomatoes and peppers in it. Hopefully they enjoy the rain for a while here until we can get it covered again.

We have (had) three chicken tractors. One of them was flipped and tossed about 300 feet in the wind. We just took the chickens out of there on Tuesday so luckily none of them were hurt or scattered. All the livestock seems to be doing well.

The sheep and pig shelters lost their covers. There were just a couple sheep in there, the 4H lambs, and they seem fine. The pigs will need a new cover soon because they are speckled and the pink part of their skin can get sunburned. We always want to have happy pigs.



Great Growing! Broccoli above, Tomatoes below.



## 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. Here is my salad idea for the week.

Wash your lettuce when you are ready to use it. Spin, or drip dry and set aside.

Wash and finely chop the garlic scapes, radishes 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

## 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!

Garlic Scapes

Green Onions

Kale

Radishes

Cucumber?

Bok Choy

Red Leaf Lettuce

Microgreens

Romaine

Dill

Not promising anything, just guessing. 😊

## 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.