



## My basket this week may include

❖ **Garlic Scapes** – Use these just as you would garlic, except you don't have to peel it. Chop and sauté this for your favorite dishes. You can dice it and put it in salads, or put it in soups or stews or salads to add a mild garlic flavor. These are great sautéed in eggs.



❖ **Green Forest Romaine Lettuce** – Two of our favorite ways to use this lettuce right now are egg salad wraps and taco salad. We are sending out some hearts, some leafed out and some whole heads. Have you ever heard of grilled romaine? Check it out at <http://allrecipes.com/recipe/236863/grilled-hearts-of-romaine/>

❖ **Mixed Variety Radishes** – The oval radishes that are red on top and white on bottom are French Breakfast. The Huge Red ones are German Giants. They are all good fresh cut up on your salad or eaten whole. They also can be roasted and then they loosed their bite.

❖ **Kohlrabi** – We had to get the kohlrabi out of the tunnel because it was taking over! The kohlrabi is huge, the leaves are huge and they are growing great! We leave the leaves on because they are edible too. You can cut them into salads or make them into coleslaw. They are also great sautéed.

❖ **Farm Fresh Eggs** – Our chickens are laying so well that we are passing on the blessings! We have already donated about 1,000 dozen eggs. If you are not a family that eats eggs feel free to pass them onto someone who would appreciate them.

**Microgreens** – These are a super fun and tiny, nutrient dense treat. These microgreens are a mixture of baby kale, kohlrabi, cabbage and bok choy. These are also very versatile. You can use them as a lettuce replacement or addition in salads, sandwiches or tacos. They are also great on top of pastas. This is one of the things we routinely grow for I Nonni restaurant in St. Paul.

❖ **Broccoli** – We are just at the tail end of broccoli coming from the high tunnel. We will get it to however many people we can. Don't be sad if you don't get some. There will be lots more from the field this year as long as all goes well. ☺

❖ **Kale** – This is a super food. Delicious and very good for you too. Use these in smoothies, toss it in salad or make kale chips using the recipe below.

### Garlic Scape Dressing

- 2 garlic scapes, coarsely chopped
- 2 green onions, coarsely chopped
- 1 teaspoon honey
- 2 teaspoons Dijon mustard or similar brown mustard
- 4 tablespoons red wine vinegar
- 1 tablespoon lemon juice, dash of salt
- 1/8 teaspoon fresh ground black pepper
- 1/2 cup extra virgin olive oil

In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended.

## 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 Full? Please double check that you are taking the right size share. The majority of the calls I receive about drop site issues are because someone orders a half or full share box and only the other size is there when they get to the drop. Black boxes are half shares and white boxes are full shares. Thank you for being considerate to your fellow members by double checking you are picking up the correct size box.
- Please bring your own container to transfer your produce into for the trip 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!
- Please call or text with any questions. I try to always have my phone with me.

## Roasted Radishes

1 bunch radishes  
Enough oil to coat radishes  
Sprinkle of salt (or garlic, paprika, cilantro, etc.)

Wash, trim and cut radishes if you would like them smaller.

Toss radishes in bowl with olive oil.  
Spread on cookie sheet (you can line your pan with foil for easier cleanup)  
Sprinkle with seasonings

Roast at 375 degrees for 20-25 minutes  
The radishes become moist and lose their bite.  
This is a recipe my children love. Hope you do too!

## Seasonal Eating

A CSA is where you truly learn about eating seasonally. In the winter we all long for that first salad. Finally spring comes with its abundant greens, summer brings the potatoes, cucumbers, peppers and tomatoes and the season rounds out with some more spring and summer crops with the addition of those wonderful fall apples, pumpkins, storage onions and squash. Think of this as an eating roller coaster ride enjoying each change in scenery as the seasons come and go. As easy as it is to wish for the produce coming next, remember to enjoy what you have when you have it. There are few things in MN that stay with you the whole summer. The huge lettuce heads, garlic scapes, cilantro, bok choy and radishes will bolt and get bitter in the summer heat. We are growing local home grown produce just for you. Please enjoy the ride!

## Kale Chips

Ingredients:

1 bag kale, washed and dried  
2 tablespoons olive oil (or oil of choice)  
Sea salt, garlic salt, BBQ seasoning, or any spice for seasoning kale. You can think of these any way that someone would flavor a potato chip, dill pickle, onion and chives, etc.

Directions:

Preheat the oven to 275 degrees  
Remove ribs from kale, or don't we never do, and cut or just lay out on a baking sheet.  
Toss with oil and spices of choice.  
Bake until crisp, turning the leaves once after about 10 minutes. Bake an additional 10 minutes.  
These turn out crisp and crunchy like a potato chip except way healthier. Enjoy!!

<http://www.foodnetwork.com/recipes/melissa-darabian/crispy-kale-chips-recipe/index.html?oc=linkback>

## We are glad you are with us!

This has been a crazy difficult growing season up to this point but we have lots of hope. The wet weather drowned out some of our crops early season and made it hard for us to get into the fields. Then the two weeks of drought made huge crevices in the fields and we were scrambling to keep our transplants and baby seedlings alive. Now the hot weather has caused our lettuces to bolt. Despite the adversities, we feel we can put together some decent early season boxes and the potential for summer and fall is huge! I guess the craziness is part of framing! Right? ☺