



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **New Red Fire Lettuce** – This is such a wonderful light and pretty lettuce. The curly leaves make for a fun salad but make it tricky to fit in the bag. ☺ You may need to just cut the bag to get it out. Fun red leaf lettuce!
- ❖ **Garlic Scapes** – These are a delicacy. Known for their mild garlic flavor they can be chopped and eaten on your salad or sautéed with onions. Use any way you would use garlic.
- ❖ **Kohlrabi** – These wonderful crazy shaped balls are so delicious. For those of you who are unfamiliar with this you cut the green or red 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. These are grand duke kohlrabi so they are supposed to be big. Bonus: the leaves are also edible. Try sautéed, kohlrabi leaf chips or marinated like a cole slaw.
- ❖ **Spinach – (Full Shares)** There are so many wonderful ways you can use spinach. Why do I always eat it raw? I guess because I love it. ☺ Make green smoothies, try a spinach salad, bake layered with ham and cheese. I'm getting hungry!



- ❖ **Bok Choi Joy Choi**– I have learned to love raw bok choi as a treat. The leaves work well for wraps and the base can be eaten like celery. The greens can also be used as a substitute for lettuce or chopped up and sautéed. You can also use it as a substitute for celery in soups or stews. When cooked it has a pretty mild flavor. I enjoy the outside stalks raw with or without dip.



- ❖ **Radishes** – Radishes can be eaten raw, made into radish sandwiches, (my grandma's favorite) or even broiled where they lose their bite. Such a beautiful spring treat.

**Cilantro** – (Full Shares) This is my favorite herb. It just tastes so much like spring! My favorite things to do with cilantro is chop it small and put it on my salad or sandwiches, use it in fresh salsa, although my biggest tomatoes are the size of a baseballs right now, or put it on eggs, soups or other hot dishes.

- ❖ **Pea Shoots – (Full Shares)** These frilly leafy green tendrils are a wonderful early taste of peas. Great for snacking on, eating chopped on salads or sautéing. These are a great spring treat.
- ❖ **Kale** – If you don't already have a love for kale in smoothies or raw on salads try kale chips. My 10 year old boys favorite! Here is a recipe <http://ohsheglows.com/2014/03/12/6-tips-for-flawless-kale-chips-all-dressed-kale-chips-recipe/>

❖ **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. Lettuce stays better unwashed so that is how we deliver it to you. There is only organic soil on it anyway. ☺ You can't get much cleaner than organic lettuce even if it isn't washed.

## How does your garden grow?

On our weekly garden walk this week we couldn't help marvel at the beauty of the gardens. The fields look so beautiful and we have more ready to go than any year that we can remember previously. We could contribute this to the fact that we put cover crops down this year or that the weather has been amazing but honestly I believe we are just blessed. The bounty of the gardens already is absolutely amazing and it looks like this will continue. Some tomatoes are the size of baseballs (still green), I have peppers that are two about two inches long and the cucumbers were harvested for the first time today.

The other extremely exciting part of the farm is the pack shed. We won't be packing in it for extended season but the whole frame is up with tin and insulation, the excavators are coming on Monday to do some more dirt work then the cement will be poured. It will be so awesome to have a beautiful new place to prep your produce! We are so blessed!

Welcome to the 2016 season of produce. It has been a great start to the season and we pray it continues! Thanks!!



Fresh tomatoes coming!

## 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 site issues are because someone orders a half or whole share box and only the other size is there when they get to the drop. **Black boxes are half shares and white boxes are whole 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. Thanks!

## But I want Garlic Scapes (or fill in your favorite produce) ☺

One of the wonderful things about eating seasonal locally grown vegetables is that things are seasonal. There are neither cucumbers in May nor Garlic scapes in October. Things start slowly, 10 beans, 100 beans 1,000 beans and slow down the same way. Because of this I don't always get exactly the same thing to every drop site and share size every week. This week full shares get cilantro but unless a tornado hits everyone else will get this next week and for a couple weeks thereafter. You definitely can let me know if you were sad you didn't get garlic scapes this week but believe me you will get some. I have a chart on my wall that tells me which products went out to which shares on each day. I will do my best to get each and every member a well-rounded box throughout the season even if it isn't exactly the same as your friends in the next town each week. Thanks for loving and understanding our diversified seasonal farm!