



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Cabbage** – I think we should have enough cabbage for Monday and Wednesday. If there isn't we will supplement with something else. The heads are not big but they are small and fresh. Great for cabbage soup, coleslaw, or even just steaming and putting butter on. Delicious if you ask me!
- ❖ **Tomatoes** – We are still working on getting cherry tomatoes to everyone. All of the full shares have gotten them so now we are working on the halves. We have 40 shares worth for this week. We will continue to get them out as we can. There are still 200 half shares that need them. We will keep picking!
- ❖ **Potatoes** – This may be our last week for red potatoes. We will soon be harvesting our kenebec potatoes. These are a great white potato. Next will be the Yukon Gold potatoes. We'll throw in some fun pink and purple ones too if the harvest goes well.
- ❖ **Basil** – Our herb of the week this week is basil. We had Gustavus College ask us for 20 pounds this week. We will have no problem supplying them and all 350 CSA members. Again, if you want to come out and harvest some for pesto or freezing just let me know! If you want us to harvest it for you we will charge only because it is a time intense crop to harvest.
- ❖ **White Onions** – You have had a lot of storage yellow onions. It is now time for a change. These white onions are larger but don't store quite as well. They will keep for a couple months but not 6 months like the yellow onions.
- ❖ **Tomatillos** – Have you heard of these great things? Tomatillos are great in salsa verde or even just fresh cut in salads. They also work well sautéed in a sautéed veggie dish.
- ❖ **Zucchini** – I can't get enough sautéed zucchini, onions and summer squash but just in case you want to change it up try the zucchini soup recipe in the newsletter. It is always fun to try something new with something you have had for a while.
- ❖ **Garlic** – The garlic we are sending out this week is called music garlic. Garlic is a wonderful 'easier' crop because we can harvest it and clean it up before the day before packing. Did you notice on this crazy week we are putting in three 'easy' crops to help us through? Enjoy the easier (or at least we can prep them earlier) onions, garlic and potatoes!
- ❖ **Two Star Lettuce** – The lettuce that we planted about a month ago in our high tunnel looks great. We will send out the two star crinkly lettuce this week unless they start looking small. If so we will start harvesting out of the second half of the tunnel which has romaine. I am hoping we have enough for two star one week and romaine the next.
- ❖ **Beans and Cucumbers** – As available!

Zucchini Soup

4 tablespoons unsalted butter
1 white onion, sliced
8 to 9 large cloves garlic, sliced thinly
4 medium zucchini, about 1 1/2 pounds
4 cups chicken or vegetable broth
1/2 teaspoon powdered ginger
Salt and pepper

Melt the butter in a heavy 4-quart pot over medium heat. When it foams, add the sliced garlic and onions and cook on medium-low heat for about 10 minutes, or until the onion is soft and translucent. Keep the heat low enough that the garlic doesn't brown; you want everything to sweat.

When the onions are soft, add the zucchini and cook until soft. Add the broth and bring to a simmer. Simmer at a low heat for about 45 minutes.

Let cool slightly, then blend with an immersion blender until creamy, or transfer to a standing blender to puree. Be very careful if you use the latter; only fill the blender half full with each batch, and hold the lid down tightly with a towel.

Taste and season with ginger, salt and pepper. Like most soups, this is significantly better after a night in the refrigerator to let the flavors meld.

Change of Schedule for Labor Day!

Labor Day is a wonderful day off for many of you so instead of delivering your boxes on Monday this week the Monday boxes will be delivered on Tuesday. The Wednesday boxes will be delivered on Wednesday as always. This throws a crazy crimp in our schedule but we really try to make this as easy for you as possible. You should see us scramble on Tuesday when they truck gets back to get all the boxes counted, cleaned and ready to go out the next day. I am sure it would be an enjoyable thing to watch as long as you are not doing it. 😊 This has caused us to put a few more storage type crops in the boxes this week so we can prep them ahead of time. So this week we will put in onions, potatoes, cabbage and potatoes because we can harvest and clean them a couple days early and still they will be great. We also included beets because they are typically an easy crop but with all of the rain we have been getting that may not have been such a wise decision. Hopefully they won't be too muddy! Anyway, have a wonderfully relaxing Labor Day weekend! Say an extra prayer for your busier than normal farmers! 😊 Thanks!



Next Week's Box

Fennel
Peppers
Carrots
Onions
Green Zucchini
Summer Squash
Tomatoes
Swiss Chard
Lemon Basil
Tomatillos
Kenebec Potatoes

Farm Happenings

What have your farmers been up to? Besides harvesting and replanting lots of plants for our fall harvest we are getting into the time of the year to start watching our fall crops. Our pumpkins and squash are getting closer to ready. Next week you will get fennel. Yeah for fall!

We have also been on the lookout for a few items. We have now located our second high tunnel. The first one is being made into a sheep home for winter and two movable chicken houses. The second one will be for growing more produce in. Tunnel #13 is on its way from Iowa.

We located the daddy for our 20 mama sheep we have here. Now it is just a case of going to pick him up. He is about 2.5 hours away. Go farmers go! It is getting closer to winter every day!