



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Fennel** – We are just starting to harvest our fennel. This is a fun crop that we are growing for the second year. Last year it got missed when it should have been harvested so we only harvested fennel seed. This year has been cooler so we have beautiful fennel out there.
- ❖ **Green and Yellow Beans** – This week beans may just be for Monday shares. The current planting of green beans is Jade 2. They are dark green straight and beautiful. It is so fun to see and it them. I hope you are enjoying your beans. Do you always boil and butter your beans? Try sautéing them. They are so delicious!
- ❖ **Potatoes** – This week we are finishing up with red potatoes and we are moving on to Yukon potatoes. I really love these moist yellow potatoes. These would be great roasted in the fennel roasted vegetable recipe below.
- ❖ **Parsley** – We have had so much basil we have kind of skipped the parsley for a while. We are going to ignore the fact that we have TONS of basil around here and send out some parsley. Parsley is delicious on roasted vegetables too.
- ❖ **Kohlrabi** – The tops of the kohlrabi aren't quite as beautiful since they are a bit bug bitten. We will be sending out these delicious balls without their leafy greens.
- ❖ **White Onions** – We are a little bit nervous that our onions are going to start re-sprouting because it is so wet out there. Guess we will be digging a LOT of onions this week! These white onions aren't great for storage. They would be best if used up in about a month or two.
- ❖ **Tomatillos** – We had just enough tomatillos this past week to get them to all of our half shares. Our goal this week is to make sure all of our full shares are covered and getting extras to the half shares. We will see how they produce. Right now they look like they will be quite prolific. Salsa Verde and Green enchilada sauce are my favorite things to do with these. They are also great cut up on salads.
- ❖ **Beets** – If you are not a boiled or roasted beet fan try the chocolate beet cake. You can find the recipe on the internet. <http://www.coffeeandquinoa.com/2014/03/fudgy-chocolate-beet-cake-with-chocolate-avocado-frosting-vegan-and-gf/>
- ❖ **Green Romaine Lettuce** – The romaine lettuce is looking awesome. I love the touch of green in the boxes at this time of year. This is the first year we have been able to grow lettuce mid-season. This is so fun! We are planting more lettuce, spinach and kohlrabi so we can have one more planting to send out before the end of the season.
- ❖ **Cukes, Zukes, Eggplant, Peppers and Summer Squash** – As available!

Fennel Roasted Vegetables

2 large carrots, peeled and cut on the diagonal into 1/2-inch thick slices

1/2 pound red onions, each halved and cut into 6 or 8 wedges through the root end

1 fennel bulb, halved lengthwise and cut into 1/2-inch wide wedges through the core

2 zucchini, ends trimmed, halved lengthwise, and cut on the diagonal into 1/2-inch thick slices

1/2 cup extra -virgin olive oil, divided

1 -2 tablespoon fennel greens chopped

6 to 8 cloves garlic

Sea salt, preferably gray salt

Preheat oven to 425 degrees F.

Prepare all vegetables and place in a large bowl. Cover generously with olive oil and Fennel Spice Rub. Cover and toss well to combine.

Heat a very large ovenproof skillet over high heat. Add 1/4 cup of the olive oil. When the oil is hot, add the carrots and cook for about 1 minute, then add the onions and cook, turning occasionally with tongs, until the vegetables are nicely browned, about 10 minutes. Reduce the heat if needed to keep them from burning.

Add the fennel bulb, zucchini, additional Fennel Spice Rub or crushed fennel seed, and salt, to taste. Toss well to distribute the seasonings. Drizzle with the remaining 1 tablespoon oil and toss again. Transfer the skillet to the oven and roast until the vegetables are deeply caramelized, 20 to 25 minutes, stirring them occasionally so they cook evenly. Serve immediately.



Next Week's Box

Carrots

Peppers

Onions

Cucumbers

Green Zucchini

Summer Squash

Tomatoes

Swiss Chard

Lemon Basil

Tomatillos

Yukon Potatoes

More Farm Happenings

This was a busy week. We moved our sheep pasture again. They are now right next to our fenced in back yard. We are hoping to pick up their ram this week so our lambs will be here in March.

We have been working on digging lots of onions and some potatoes too. Our potato digger broke so we are 'patiently' waiting on the part that will make it all work again. Until then your boxes may be heavy in onions and light in potatoes.

There are lots of summer crops slowing down because of the cool weather. Luckily the fall crops are coming along nicely. There will be winter squash and carrots in the boxes the upcoming week. Enjoy your beets this week!

Thanks for returning your boxes and egg cartons. We really appreciate it!

Here is a picture of our high tunnel. We harvested all of the green star off of the right side this week and this coming week we will harvest the romaine from the left side. We will then replant the tunnel in another planting of lettuce or kohlrabi.



Salsa Verde

1 pound tomatillos, papery skins removed

3 serrano chilies, stems removed and coarsely chopped

2 medium garlic cloves, coarsely chopped

1/2 cup coarsely chopped fresh cilantro

1 teaspoon kosher salt

Place tomatillos in a medium saucepan, cover with cold water, and bring to a simmer over medium heat. Cook until tomatillos just give way when pierced with a knife but aren't falling apart, about 10 minutes. Drain well.

Place tomatillos and remaining ingredients in a blender and blend until almost smooth (do not over-blend or the salsa will be thin and watery). You may need to stop the blender and smash down the tomatillos with a rubber spatula to get the blades moving.

Place the salsa in a container with a tightfitting lid and chill in the refrigerator for at least 1 hour before serving. The salsa will keep in the refrigerator for up to 3 days.