



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Cucumbers** – We switched up our tunnels a little bit this week. We planted one of our high tunnels with new baby cucumber plants. The same week we tore out older cucumber plants out of a different high tunnel and are just starting to plant that with lettuce. One of the 6 rows of 300 lettuce plants is already planted so there will be lettuce in your box at the end of the season if all goes well. It will be nice to have lettuce again for us, especially with the tomatoes and cucumbers!
- ❖ **Green and Yellow Beans** – We have been working hard picking beans. This is a wonderfully delicious time intensive crop. Hope you enjoy them!
- ❖ **Kohlrabi** – We have some remaining kohlrabi in numerous places in the field. I am not sure how many but they may show up in some share boxes this week. If you don't get one it is because I didn't have enough.
- ❖ **Carrots** – It is finally time for some carrots. They are not huge yet but tender and delicious. We have only pulled one up here or there and haven't actually dug a bunch. It will be fun to see what it looks like when we do. We think this patch will give enough for everyone to get a good amount. There is only one way to tell, start digging!
- ❖ **Blue Potatoes** – The 'blue' potatoes we grew this year are called purple majesty. This is much more fitting than 'blue' potatoes like we grew last year because they look purple not blue inside and out. They do tend to lose their color when they are cooked.
- ❖ **White Onions** – We almost have all of the white onions dug. We will send them out again this week. They are a fairly good storage onion. Next week it will probably be yellow onions and reds will be coming soon too!
- ❖ **Basil** – If the basil still looks ok this will go into the boxes this week. We haven't sent out basil for a while but with all of the tomatoes it seems like it is time for caprisi salad. You can't have that without the basil! This is also great with oregano and garlic on bread or in spaghetti sauce.
- ❖ **Red and Yellow Tomatoes** – The yellow tomatoes are sweeter and less acidic than the red ones. They tend to also show imperfections a bit more but are awesomely delicious. Let me know what you think!
- ❖ **Summer Squash and or Zucchini** – We are trying to get out and pick them when they are young but I am afraid that with this heat and rain they are growing faster than we can pick. The best things to do with zucchini that is bigger is either made them into zucchini bread, muffins or brownies or try zucchini pizza or zucchini boats. Cut the zucchini in circles or long 'boats', spread pizza sauce and pizza toppings on it and cook it for about ten to twenty minutes to melt the cheese.



Above – While digging potatoes Dean found a Lego man in the row, Lucas was excited. If only we could grow Legos we would make some money! ☺
 Below – One foot at a time: Dean is hoeing our new baby beets, you can also see peas in the foreground and radishes and carrots are hiding behind. Our 300 foot rows are great because of the yield but not so great when you are working with a hoe.



Next Week's Box

Yellow Onions
 Pea Shoots
 Hot Peppers
 Cucumbers
 Acorn Squash
 Tomatoes
 Winter bore Kale
 Parsley
 Kennebec Potatoes

Jonathan our 3 year old is checking the lettuce that is growing. He says, "Yep it's good lettuce mom."

Happy Chickens on fresh pasture!



Happy Labor Day! Change in Delivery Day.

We labor just a little bit harder during the labor day holiday. Because we end up having to deliver two days in a row it throws off our schedule quite a bit but we are doing all we can to be well prepared for it! Tomorrow, Monday, will be the biggest day. We need to harvest crops for our Tuesday boxes and get them all ready to go out to you. Then when the truck comes back Tuesday evening we have to have all the crops for Wednesday ready and waiting to go into the empty boxes and ship out the next day on Wednesday. In case that isn't enough business in our already very full lives we are processing our last batch of broiler chickens starting as soon as the truck leaves on Wednesday morning. Say an extra prayer for us this week. Luckily it looks like the heat and humidity will be breaking a little bit. Hopefully it won't be too terrible digging the carrots in the mud tomorrow. The last thing we need is really dirty carrots to slow us down! Thanks for supporting our farm and hope you have a wonderful Labor Day weekend!

