



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Kale** – We are starting to get some greens back again! The kale is looking great. We will get kale to everyone this week and next week there will be a different green.
- ❖ **Cantaloupe** – The full shares received cantaloupe last week. It will take a few weeks to hopefully get everyone else cantaloupe. It is so wet it is having trouble staying good for too long. We will salvage everything that we can and get it to you.
- ❖ **Norland Red Potatoes** – The reds are delicious! If you have not tried the garlic roasted potatoes now would be a great time. It will soon be different varieties. There is nothing like fresh dug potatoes. We are hoping that the potatoes that we haven't dug yet are not rotting in this moisture. We won't know until we start digging.
- ❖ **Microgreens** – These are such a tasty treat. Eat them just the way they are as a snack or sprinkle them on your salads, meats or casseroles. These are one of the staples we send out to I'nonni restaurant. Enjoy this hot commodity!
- ❖ **Tomatoes** – The tomatoes are starting to slow down their production. We have already torn one tomato tunnel out and planted romaine lettuce in that because the production slowed down so much. Enjoy them while they are here!
- ❖ **Hot Peppers** – You probably have these figured out already but jalapenos are bullet shaped and Anaheims are long and pointy. Jalapenos are 3 times as spicy and red of either pepper is hotter than the green.
- ❖ **Cucumbers** – This is another crop that is coming to a halt quickly. We are hoping to have cucumbers for another couple weeks but we will see what the weather does to see if the plants cooperate with that hope.
- ❖ **Onions** – Yellow onions are such a treat. We LOVE them sautéed . Even my one year old daughter eats these plain. Crazy girl, she must live on a farm! ;)
- ❖ **Summer Squash** – This is still a super treat for me. You can eat them raw and sliced thin with a little salt, hummus or ranch dip. Cut these up in chunks on your salad or bake them in casseroles or spaghetti sauce. That if you are done with sautéing which is still my absolute easy go to meal.
- ❖ **Sweet Peppers** – This has been such a wonderful year for peppers. I can't imagine having another year as amazing as this with pepper production but I am praying that we do. Hopefully we have just figured it out and we are set but each year the weather conditions are so different we sort of never know. Last year we had two pallet totes of beets and this year we are having trouble getting enough for shares. This whole farming thing is awesome because it keeps us on our toes!

- ❖ **Acorn Squash** – The green acorn shaped squash is acorn squash. There are many fun ways to fix that. One of my favorite things to make is stuffed squash. Make a mix of peppers, onions, sausage (or any meat) and blend it up and stuff it in the squash. Bake it for about 45 minutes. Fun versatile food.
- ❖ **Garlic** – Great with potatoes, squash, on bread or in a dip. Have you tried bruschetta? This is the time of year to make it. Tomatoes, garlic and basil, all of those are in season right now! Enjoy while you can.
- ❖ **Kohlrabi** – The leaves of this are edible as a cole slaw, salad or saute them. The kohlrabi is great cut up on salad, cooked or eaten raw like carrot sticks.

It's All Fun and Games (Or So We Can Pretend)

Well since we don't have gondolas we are trying to have fun slopping through the mud. We have decided it is no longer called harvesting but mud wrestling. You should have seen our super Jen doing the GI Joe low crawl harvesting 400 romaine heads in one hour through the muck and grime. Then Jon and Brian take the totes of lettuce and sprint them to the trailer and return with new sanitized totes. As if running from the enemy on the battlefield they slipped and slid their way back and forth amazingly. Way to go team mudders! Want to join in the Mud Run just let us know! ☺

P.S. We are extremely excited to not see as much rain in the forecast as last week. We hope our potatoes aren't rotting in the mud. The cantaloupe are spoiling quickly too because of the wet. We will try to salvage as many as we can, we have planted so many! Hopefully our planting, transplanting and weeding will pay off.

Chicken with Tomatoes and Garlic

Member Submitted Recipe: Thanks Sarah!

- 1 cut-up chicken
- Salt and pepper, to taste
- 3 tablespoons olive oil
- 1 tablespoon butter
- 3/4 cup white cooking wine
- 3 medium-large tomatoes
- 1 6 oz. can of tomato paste
- 1 medium onion
- 1 package of fresh, sliced mushrooms
- Fresh basil
- 8 cloves garlic

Preheat oven to 375 degrees. Salt and pepper chicken.

Heat ovenproof skillet or dutch oven over medium-high heat. Add olive oil and butter. When oil/butter is hot, add chicken to the pan. Using tongs, brown on all sides, about 2 minutes. Remove chicken from pan.

Pour in wine (very carefully!), scraping the bottom of the pan to loosen any bits. Cook for 1 minute. Pour in tomatoes and tomato paste. Add salt and pepper to taste, stirring to combine. Bring sauce to a boil, then turn off heat. Add plenty of fresh basil, 8 cloves of peeled (but whole) garlic, and the onion and mushrooms. Stir to mix all together. Add the chicken. Put lid on pot and cook in the oven, checking the doneness of the chicken after 30-35 minutes. Continue to cook until the chicken is cooked through, about 45 minutes total.

Remove lid and check sauce. If it's overly thin, remove the chicken from the pot and boil the sauce on the stovetop for 5 to 10 minutes. Check seasonings and adjust as needed. To serve, pour sauce over cooked pasta, rice, or mashed potatoes, then arrange chicken pieces over the top. Adapted from:

<http://thepioneerwoman.com/cooking/2010/04/chicken-with-tomatoes-and-garlic/>

Next Week's Box

Here's our best guess for next week...

- ❖ Romaine
- ❖ Potatoes
- ❖ Peppers
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Onions
- ❖ Beets
- ❖ Collards or Chard