



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Beets** – The beets are not huge like the ones we sent out last time to most of you but they are delicious. My favorite ways to eat them are boiled with butter or broiled but I know many of you get much more creative with Borscht, raw beet salad and chocolate beet cake. Whatever it may be you do with them enjoy!
- ❖ **Tomatoes** – The tomatoes are coming in amazingly! Even the field tomatoes are looking beautiful this year but we have so many from the tunnels we haven't even picked them. Pretty crazy. Full shares got cherry tomatoes last week. We won't have enough for half shares but maybe we will try and get a yellow tomato or brandy boy pink tomato in your boxes soon. Just depends on how they produce with the cool weather last week.
- ❖ **Potatoes** – This week we will send out Yukon Gold Potatoes. These are a top pick of our family! Great for baking, mashing, frying or potato soup. Beautiful, buttery flavor is boasted in these tators. Enjoy!
- ❖ **Parsley** – You can put this in stewed tomatoes when you can them or go back to that garlic roasted potato recipe. This is so beautiful and big right now!
- ❖ **Yellow Onions** – We use onions all the time around here. Hope you love them as much as we do!
- ❖ **Celery** – This is such a wonderful crop. If you don't go through this as fast as you would like chop it and freeze it. When I do this I don't even blanch it. Typically our MN grown celery doesn't seem as tall as the commercially grown variety but it has seemed to lengthen nicely this season. Maybe the taller weeds helped!
- ❖ **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. We have Siberian garlic and red Russian garlic coming up yet to throw a bit more variety in your garlic.
- ❖ **Mini Bell Peppers** – We planted a variety of peppers this season called Bianca. They are cute white peppers that turn to a orange color. They are not big but they are delicious and although they are white they add great color (if you call white a color.)
- ❖ **Anaheim and or Jalapeno Peppers** – We have longer light green to red Anaheim peppers and dark green to red Jalapeno peppers. The smaller bullet shaped jalapenos are going to have a lot of heat where the Anaheim peppers are not as potent. For some reason, maybe the excess of rain has really made the peppers pack more heat this year. Beware! ☺

## 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 next 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. ☺ So don't forget next week Monday deliveries will be on Tuesday.

## What's next?

We just did an evaluation of the fields to see what is still waiting to go out in boxes this season. Here is the list; acorn squash, red and green kabocha squash, butternut squash, pie pumpkins, more celery, beets, carrots, red cabbage, collards and pea shoots. We have spinach, lettuce, peas and beans planted too.



## Next Week's Box

Squash  
Carrots  
White Onions  
Summer Squash  
Tomatoes  
Swiss Chard  
Lemon Basil  
Blue Potatoes

## Too Much Produce?

The great thing about a lot of the produce this time of year is it truly reminds me of summer. This is a great time to eat. Whenever I have a spare minute in the summer I spend it putting up the wonderful taste of summer for those winter months that we all know are approaching. The potatoes, beets, onions and garlic store well as they are. The zucchini and peppers will last a good week in the fridge along with the parsley. The other great thing is tomatoes and celery can just be cut and put in the freezer for later use. I don't even blanch them but it is probably not a bad idea to do that.