

My MN Farmer

Our Family Blessed
To Feed Yours

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Enjoy these Salad Days!

Your early-season boxes include a number of beautiful greens. This week you'll find Green Forest Romaine, Kale and Red Fire Lettuce. There are so many ways to use these beautiful greens. Members have told us they love making lettuce wraps with the large leaves. Or grill a chicken breast and make a great chopped salad with your mixed greens, radishes and kohlrabi.

The greens come to you straight from the field, so you'll want to wash them well, as you would your store-bought greens. The easiest way is to chop off the bottom inch of the head, fill your kitchen sink with very cold water, separate the leaves from the head, and submerge them in the cold water. Swoosh them around to remove any soil, and then put them in your salad spinner and give them a good spin.



Farmer Ellie takes a break from playing ball to check out the progress in the Romaine lettuce high tunnel.

We have found it works best to leave the clean, spun greens stored in your salad spinner in your refrigerator. Then they are clean, crisp, cold and ready to grab for your wraps or salads throughout the week. If you don't have a spinner, you can wrap the leaves in paper towels and refrigerate them in a ziploc or large container. See page 2 of this newsletter to read about all the other goodies in your boxes.

Please practice drop site etiquette

We are so happy to have you as part of our community! We are looking forward to a great year. As this may be new to some of you, here are a few tips to make everything go smoothly when you pick up your box:

- Check the list of names at your pickup site. Verify you are on the list, and see exactly what items you ordered. Pick up the items you ordered and sign behind your name so we know you've received them.
- **Half or Whole Share?** Please double check that you are taking the right size share. The majority of the calls I receive about drop site issues are because someone orders a half or whole share box and only the other size is there when they get to the drop. **Black boxes are half shares** and **white boxes are whole shares**. Thank you for being considerate to your fellow members by double checking you are picking your produce out of the correct sized box.
- Please bring your own container to transfer your produce into for the trip home.
- Stack the boxes in the shed - one pile of half share black boxes, one pile of whole share white boxes and one pile of lids. This will help keep the shed clean for people coming after you.
- Go home and enjoy your fresh goodies!
- Please call or text with any questions. I try to always have my phone with me. **612-245-6271**. Thanks!

In your share box this week

- ❖ **Green Forest Romaine Lettuce** - Enjoy this delicious Romaine in a taco salad, egg salad wraps, lettuce on a hamburger or a Caesar salad. Or try this recipe:



<http://mymnfarmer.com/recipes/all/grilled-romaine-salad>

- ❖ **French Breakfast Radishes** - These radishes have a great mild radish flavor. If you prefer radishes without much of a bite at all, saute them or bake them.



- ❖ **Green Kohlrabi** - Kohlrabi is a tasty, healthy choice when you're looking for that yummy crunch! Cut off the outside and slice to eat fresh. Can also be grilled or added to salads.



Kale - Kale is a green that's a powerhouse of nutrients. Cooked kale offers more iron per ounce than beef. Enjoy kale in salads, smoothies or make your own kale chips. See recipe below.



- ❖ **Pea Tendrils** - Here is a fun trendy bonus added to your box this week. Pea Tendrils are great eaten raw, can be cut up for a salad or sauteed and added to any dish to which you'd like to add a sweet pea flavor.



- ❖ **Red Fire Lettuce** - Red Fire is a light, pretty lettuce. The curly leaves make for a fun, attractive and delicious salad or wrap.



"When will I see tomatoes in my share box?"

One of the wonderful things about eating locally-grown vegetables is that you'll "eat the season," enjoying vegetables just hours after they are harvested from the field. You'll celebrate the Minnesota growing season with us as we harvest each new crop and pack it into your share box. You'll see greens in the spring, cucumbers mid-summer and squash in the fall. Want to see our farm at work? Schedule a farm tour or experience a few hours working along with us with as we plant, weed, harvest and do our animal chores. Farm life is great fun! Email csa@mymnfarmer.com or call 612-245-6271 to schedule your visit.

In your share box next week

- Green Forest Romaine
- Red Romaine
- Bok Choy
- Round Red Radishes
- Bunching Onions
- Microgreens
- Other surprises depending on what's ready for you!

Kale Chips

- 1 head kale, washed and thoroughly dried
- 2 tbs olive oil
- Sea salt, for sprinkling

Preheat the oven to 275° F.

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

Recipe from mymnfarmer.com/recipes/all/kale-chips

Find many more recipes at <http://mymnfarmer.com/recipes>