



Vol. 11, Issue 4

June 20-23, 2020

How to get the most out of your CSA share

So, you've picked up your big box of produce! Now what?

Last week, many members received two heads of lettuce, a red and/or green kohlrabi, some radishes or garlic scapes, bok choy and pea tendrils. That's a lot of veggies to eat in a week, and it can be overwhelming!

One of our longtime members shared her thoughts how on to get the most from her CSA share.

Following are her suggestions:

Wash your produce right away when you get it home. After you pick up your produce and bring it home, take a few minutes to wash and prep the produce for use throughout the week. Then it will be ready to grab and use instantly for your lettuce wraps, relish trays, salads or other recipes.

•**Lettuce** - After your lettuce was picked, it was kept in a cooler until it was loaded on the truck for delivery. Nonetheless, if it was in the drop site shed for a few hours before you picked it up, it may look a little wilted. A quick fix is to fill your kitchen sink with cold water, soak your lettuce and then spin it in your salad spinner. For best results, store the spun lettuce in your salad spinner until you are ready to use it. Or, if you don't have a spinner, shake the excess water off your lettuce and refrigerate it in a Ziploc or produce bag with a few paper towels to draw the moisture.



Farmer Jean oversees the packing of the share boxes for last week's deliveries.

•**Kohlrabi** - Peel, slice and refrigerate your kohlrabi. Store the cut kohlrabi in an airtight container or plastic bag. Consume cut kohlrabi within a few days. Kohlrabi is delicious eaten raw, but there are many more ways to enjoy this tasty vegetable. Follow this link for more ideas: <https://www.thekitchn.com/5-tasty-ways-to-prepare-kohlrabi-60321>

•**Radishes** - Take the tops off the radishes, wash them and store them in cold water in the refrigerator. You can also cook and eat radish greens. Wash and spin them before use.

•**Swiss chard, pea tendrils and bok choy** can just be refrigerated as they are until you are ready to use them, then washed and chopped as you do your meal prep.

The last tip our longtime member wanted to share was that members should make use of the recipe tab on the My Minnesota Farmer website. Most of the items we grow are listed here: <http://mymnfarmer.com/recipes>. And, if you have a recipe you'd like to share, we'd love to share it with other members, as well. Email your favorite recipes to Farmer Jean at csa@mymnfarmer.com.

Note: During the early part of the season, there is more prep time involved. Products you'll receive in later-season boxes, including tomatoes, peppers, cucumbers, potatoes, etc., don't require as much prep as lettuce.)



Farm News

ZEN WEEDING OPPORTUNITY - Because your vegetables are grown organically, without commercial herbicides or pesticides, weeds spring up next to them and compete for the available water and soil nutrients. We are in a constant battle to save our baby plants from these aggressive weeds. If you are one of those guerilla gardening people who loves to pull weeds and finds weeding a satisfying, meditative, Zen experience, we invite you to come out to our farm and weed. (Yes, we do actually have people who do this—sometimes with their own audiobooks or music!)

We can promise you a safe, peaceful, socially distant experience, and would be happy to show you what to pull and what to save.

In Your Share Box this Week

◆ **Green Forest Romaine Lettuce** - This is a great green lettuce. Fresh and crisp, Romaine is great in in taco salads, egg salad wraps, lettuce on a hamburger, a sandwich or a Caesar salad.



Salad Mix which is a mix of our favorite greens.

◆ **Salanova Salad Mix or New Red Fire Lettuce**

- Your box may include either Red Fire (a light frilly lettuce) or a Salanova



◆ **Bok Choy** - You may receive Bok Choy in your box this week. Bok Choy can be eaten like celery or used as a substitute for celery in soups or stews. The greens can also be used as wraps or chopped up and sautéed. Some members use the leaves to make Bok Choy chips.

◆ **Kale** - Kale is a powerhouse of nutrients. Cooked kale offers more iron per ounce than beef. Enjoy kale in salads, smoothies, or make kale chips. Find more kale recipes at chips at <http://mymnfarmer.com/recipes/kale>.



◆ **Radishes** - Depending on heat and harvest, you may receive radishes in your share box this week. Eat radishes raw, add them to your relish tray or make radish sandwiches. They can also be broiled or grilled. When grilled, radishes lose their bite.



◆ **Cucumbers** (Full Shares) - Enjoy cucumbers in salads, on your relish tray or as refrigerator pickles. One member told us they use cucumbers on their sandwiches instead of tomatoes, making BLCs instead of BLTs.



SURPRISES! We make every effort to pack into your box the items listed in the newsletter. However, as farming is dependent on weather and growing conditions, we sometimes get surprises and pass them on to you. This list is our best guesstimate. You may not receive every item listed AND you may receive some surprises that were not listed. Please be assured we have packed into your box the value you've paid even if the items don't exactly match the items we've listed in the newsletter. Thank you for your understanding!

Now We're Cookin'!



Kale Smoothie

- 1 c. frozen or fresh fruit (any frozen mix will work - mixed berries, mango and strawberries, or a whole banana)
 - 3 large kale leaves (rinsed and torn from ribs)
 - ½ c. plain or vanilla yogurt
 - 1 to 1-1/2 c. milk (your choice - dairy, almond, rice or soy milk) or apple juice
 - 1 handful of ice cubes
- Put the above ingredients in your blender, Bullet or Ninja and give it a spin.
Member submitted recipe

Please practice drop site etiquette

We are so happy to have you as part of our community, and we look forward to a great year. Here are a few tips to make everything work smoothly when you pick up the contents of your share box:

- Though it's unlikely, should you arrive to pick up your share when others are at the drop site, please **maintain appropriate social distance**.
- **Find your name and products on the drop site checklist.** At the drop site, there will be a clipboard with your name and what you are scheduled to pick up (whole share, half share, eggs, chicken, etc.). Pick up the items you ordered and initial behind your name so we know you've received them.
- **Be sure to take the correct size share.** **Black boxes are half shares** and **white boxes are whole shares**. Please double check that you take your food from the right size share box. Calls I receive regarding drop site concerns are usually because someone has ordered a half or whole share box, and only the other size share is there when they go to pick it up. Thank you for being considerate to fellow members by double-checking you are taking your produce out of the correct box.
- **Bring your own containers** (box or reusable bags) to transfer your food 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 neat and clean for people coming to the dropsite after you.
- **Go home and enjoy your fresh goodies.**
- **Call or text with any questions.** I try to always have my phone with me. **612-245-6271**.

Thanks! - Farmer Jean