



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Garlic Scapes** – Use these just as you would garlic, except you don't have to peel it. Chop and sauté this for your favorite dishes. You can dice it and put it in salads, or put it in soups or stews or salads to add a mild garlic flavor. These are great in eggs.
- ❖ **Green Leaf Starfighter Lettuce** – This crisp green frilly lettuce has a super light texture and a sweet finishing taste. Wonderful as a salad or in sandwiches or tacos.
- ❖ **Swiss Chard – (Full Shares)** This is a super food. Delicious and very good for you too. The colorfulness is just a bonus. Sautéed Swiss Chard is a great recipe. Find it here <http://www.food.com/recipe/sauteed-swiss-chard-dont-be-afraid-232055>.
- ❖ **Bok Choi – (Full Shares)** This will probably be the last time you get bok choy until fall.
- ❖ **Parsley or Cilantro** – Our herbs are looking great this year! We grow basil, lemon basil, parsley, cilantro and dill. You will be getting different herbs each week for a good variety.
- ❖ **Zucchini!** – This seems to us like the earliest we have had summer squash and zucchini and we love it! This is amazing sautéed with onions, garlic and summer squash. Delicious!
- ❖ **Broccoli** – We will have broccoli for most of you this week. I will get it to those of you who didn't get it last week first.
- ❖ **Bunching Onions** – These are a great snack on a veggie tray or cut them up and use them as you would any onion.
- ❖ **Red Romaine (Full Share)** – This is a smaller head of lettuce so you aren't too overwhelmed. The dark red color makes this one so pretty in a salad. Try grilling your lettuce for a fun new treat. <http://www.foodnetwork.com/recipes/grilled-romaine-salad-recipe.html>

Next Week's Box

Here is my guess of what will be ready next week. As long as you don't hold me to this exactly I will be happy to give you an idea of what should be ready next week. I know it helps with meal planning!

| | |
|------------------------|---------------|
| Some Cabbage | Basil |
| Garlic Scapes | Green Romaine |
| Onions | Kale |
| Some Peppers | Some Tomatoes |
| Beans in a week or two | |
| And more! | |

What if we are unable to pick up our box?

A frequently asked question from our CSA members is, "What if we are going to be gone and can't pick up our box?" There are three options if you are going to be gone for a week of pickup. First, you can have a friend or family member pick it up for you. Just let them know how to go about it and what they should be picking up. Then they can keep it for you or you can bless them with it.

Second, you can have us hold it and since it is ready the week of pickup we will harvest and donate it to our local (or if we overwhelm them) a not so local food shelf.

Third, you can pick it up on a different day and/or different location. We deliver on Mondays, Wednesdays north of our farm and Thursdays or Saturdays to Mankato. All of our pickup sites are listed on our website. It is easy to switch your location and pickup day in your account. Just remember to change it to your original pickup spot for the following week.

Hope that helps! Let us know if you need help with any of this.

Delivery Vehicle Down Again! ☹️

I Jean, was on my way home from making a delivery for the migrant students in our neighboring town of LeCenter when our Uhaul made a strange sound. I didn't think too much of it at that point. I slowed down, continued to listen while I went another block, then it stopped. In the rush to get it loaded before Dean needed it, I neglected to tell him that it made a weird noise. When he was getting ready to leave Mankato that evening the vehicle would turn over and then immediately quit. We had to have it towed home from Mankato. The seven kids and I went to rescue daddy at 9:00 at night. Another late night for the farmers. Right now the Uhaul is at the shop. We will be running deliveries with an alternate vehicle this week. Pray for inexpensive repairs. ☺️

Fun Farm Facts

Lots of produce is right around the corner! It is summer now and the crops are looking great. The apples are about the size of a golf ball. The tomatoes are slowly starting to ripen. The cucumbers are really starting to come in strong. The zucchini was a couple inches last Friday and by Monday it was huge. Way to grow! The peppers are about 3 inches long. The lettuce looks fantastic and the herbs are awesome. We lost about 1/3 of our potato plants to the rain/flood we had here not too long ago but the ones that are left look awesome. Our kids have been picking potato beetles and larvae off the plants. They earn a penny for each one. Interested in a side job? Let us know. ☺️ Our cows should start calving now. One was born yesterday. It is so cute. See below!



Delivery Schedule Change!!!

Next week's Monday shares will be delivered on Tuesday because of the 4th of July. Have a wonderful long weekend!

New Baby

We had a new baby on Friday this week. We got a call from our friend who is housing some of our cows on his pasture this summer. There was a new little one on the ground. She is a cutie. Any name suggestions? Her mother is the black cow with a white face on the right.