



## What did you do with your veggies last week?

One of our members wrote in very excited about the items she received in her half share last week. Below, she describes which items she received and how she used each one.

- **One small cabbage** - This tiny cabbage was shredded and mixed with Jimmy's coleslaw dressing for a tasty slaw.
- **One bunch kale** - At the time of her writing, this member had not yet used all her kale. She'd used some kale in fruit smoothies for herself and her husband, and the rest was reserved for use in a sautéed kale side dish. She said she plans to sauté it lightly with olive oil and sea salt, and then, after it's tender, splash in a bit of apple cider vinegar to brighten the flavor.
- **Two large cucumbers** - This member used her cucumbers to make the recipe for Grandma's Traditional Cucumber Salad that we ran in last week's newsletter. She added thinly sliced onions and said these pushed the recipe's sweet-tart flavor up a notch.
- **One very large heirloom tomato and one small head Red Fire (frilly) lettuce** - Our member made a chef's salad with the Red Fire lettuce and used part of the heirloom tomato as garnish. The remaining part of the heirloom (it was BIG!) was used later in the week for a Caprese salad with mozzarella, fresh basil and balsamic vinegar.
- **One summer squash and one zucchini** - Rather than sautéing these squash with onions as she usually does, our member peeled and seeded the summer squash and zucchini and diced them for an addition to a chef salad she was preparing. She said she was surprised at what a subtle, delicious flavor the squash added to her salad.
- **One bag tiny baby red potatoes** - The baby reds were tiny like walnuts, so she washed them well, boiled them whole and served them with butter and garlic salt.
- **One large green kohlrabi** - This member LOVES kohlrabi, and said she peeled and ate it fresh. She had some spinach artichoke dip in the house which she warmed and then scooped up with the kohlrabi. She reported the combination was delicious!
- **One dozen eggs** - Our member used her egg share in several ways. She and her husband love basted eggs and tomatoes for breakfast. She also loves to boil a half dozen eggs each week for a quick snack or for deviled eggs.

We love to hear about how members use their produce. We recognize that you may receive in your share box some items you would not normally purchase in your local produce department. Finding surprises or unfamiliar produce in your box can inspire you to explore cookbooks and websites for creative ways to use your weekly bounty. Remember that we have a lot more ideas for you on our website, too. Visit <http://mymnfarmer.com/recipes> for recipe ideas.



Above, Farmer Abby, age 16, harvests a tote summer squash and zucchini.

# In Your Share Box this Week

◆ **Sweet Corn** - We are happy to do our annual trade with our friends at the Guldan Family Farm ... their sweet corn for our heirloom tomatoes. Enjoy this tasty seasonal treat!



◆ **Tomatillos (full shares)** - Many of our members enjoy making salsa verde with their tomatillos. Tomatillos have diverse uses in stews, soups, salads, curries, stirfries, baking, cooking with meats, marmalade, and desserts.



◆ **Eggplant (half shares)** - Eggplant is rich in fiber, low in calories and provides a range of nutrients. Here's one of our favorite recipes for farm supper—so simple our kiddos can make it! <http://mymnfarmer.com/recipes/all/my-mn-farmer-supper>



◆ **Salanova Lettuce Mix (full shares)** - We are watching our Salanova lettuce heads and are hoping that they will be at peak for full shares this week.



◆ **Summer Squash and/or Zucchini** - Summer Squash and Zucchini are excellent sliced and sautéed with onions as a side dish. Or either of these squash can be shredded to make a moist zucchini or squash bread.



◆ **Cucumbers** - Enjoy cucumbers in salads, on your relish tray, or as refrigerator pickles.



◆ **Cabbage** - Cooked and slathered in butter, grilled or made into slaw, our little cabbages will complement your dinner menu.

◆ **Tomatoes** - You will receive heirloom or round hybrid tomatoes in your shares this week.



◆ **SURPRISES!** Farming is dependent on weather, and that can be unpredictable. 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!



## Farm News

### WELCOME TO MEMBERS WHO WERE FORMERLY ON OUR WAITLIST!

This year we have had a considerable waitlist for our egg, cut chicken, whole chicken and produce shares. At this time we have enough chicken, eggs and veggies to accommodate the families on our waitlists. If you have friends who would still like to sign up for the remainder of the season, please let them know that we can accommodate them!



Two small hybrid tomatoes and a large heirloom tomato.

### LET'S TALK TOMATOES!

We grow many varieties of tomatoes here at the farm. We grow several hybrid varieties that are round and red, but you may also discover in your box a bumpy, light or

dark-colored Heirloom Tomato. What's the difference? Some consider them the ugly duckling of the tomato world because of their bumpy shape, brown lines and odd color, but Heirloom Tomatoes offer more of a "kick-in-the-pants" tomato taste, and their higher acidity offers the flavor that your grandmother may remember as how a *REAL* tomato is supposed to taste. All of our tomatoes are grown organically, and will be more tender and tasty than the hard, factory-farmed tomatoes you find in your grocery store, but the Heirloom is a special treat!

Now We're Cookin'!



### Caprese Salad

3 vine-ripe tomatoes, 1/4-inch thick slices  
1 pound fresh mozzarella, 1/4-inch thick slices  
20 to 30 leaves (about 1 bunch) fresh basil  
Extra-virgin olive oil, for drizzling  
Coarse salt and pepper

Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

*Reader submitted recipes are always welcome. Email your recipes, tips and photos to [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).*