



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Swiss Chard** – Do you have a love for a certain produce? Let us know! I had someone request Swiss chard last week so it is going into the boxes. We can't always accommodate but if we can we will. This is great sautéed and put in eggs such as a frittata.
- ❖ **Green Forest Romaine** – Having burgers on the grill? Top it with this crisp lettuce. This is great on sandwiches or as a Caesar salad too!
- ❖ **Summer Squash** – This light yellow slightly crooked squash is a great color addition to your sautéed vegetables. This can also be eaten raw sliced up like a cucumber. It is a clean fresh taste. Try it with just a little salt.
- ❖ **Spring Onions** – More onions this week. These are great used fresh or cooked. Use them as you would use storage onions but they add a great green color too. The whole bottom and top of the onion are edible. The green part has a milder flavor than the juicy onion.
- ❖ **Beans or Peas** – (Full Shares) We are going to have enough of one of these for full shares. It will be a surprise at which one. Our first planting of beans did very poorly so we didn't get any off of that but the second planting is looking better.
- ❖ **Mesculun Mix Lettuce** – (Full Shares) I used to send out just a little bit of this to each share because it wasn't my favorite. Now I love it so you get more. ☺ Many of the lettuces are mild but beware of the light green flat one with very frilly edges. That one has some kick. There is also kale and arugula in there too. Arugula is one of my favorites. Try the leaves with kick on a sandwich or in a wrap. Delicious! Mix this with green romaine if you want to tame it down a bit.
- ❖ **Green Zucchini** – This is great for sautéing, broiling, or zucchini bread or muffins. Check out a recipe for chocolate chip zucchini bread online if you want something fun. You can use yellow or green zucchini.
- ❖ **Cucumbers** – The cucumbers are producing awesomely. Let us know if you are getting too many. Use them on salads, as fresh eating, (my kids eat them like apples) or make a cucumber salad. Num!
- ❖ **Yellow Zucchini** – This is the straight bright yellow fruit. This can be used the same way the zucchini is used. Look below for a recipe for roasted vegetables. This is a pretty awesome meal. You can also cook the zucchini, summer squash and onions in tinfoil packet in the oven or on the grill. Add the parsley and garlic for a fun taste too!
- ❖ **Tomatoes or Peppers** – A few tomatoes are ready and the peppers are really looking awesome! The tomato plants in the tunnels look gorgeous and many are taller than I am. ! They have huge clusters of green fruit. I'm afraid our cherry tomato plants are going to overrun the tunnel even though they are trellised. Lots of tomatoes to come!

- ❖ **Broccoli** – (Full Shares) Our next planting of broccoli is just beginning to be ready. I think we should have enough for full shares this week but we may not. There should be plenty next week but this patch seems to be getting ready at a different pace from each other. We will see what we get! ☺
- ❖ **Mesculun Mix, Beware!!** ☺– (Full Shares) I think we will have enough mesculun for full shares. The patch is starting to bolt. We will see what happens.
- ❖ **Garlic** – We put heads of garlic in full shares last week. This week the half shares will get the garlic. This is fresh and hasn't cured so it will be a bit moister and wonderfully garlicky!
- ❖ **Garlic Scapes** – This will probably be the last week for garlic scapes. We need to harvest them off so that the garlic plant can work on putting energy into the bulb instead of the scape. This is the great part about seasonal eating. It changes all the time.

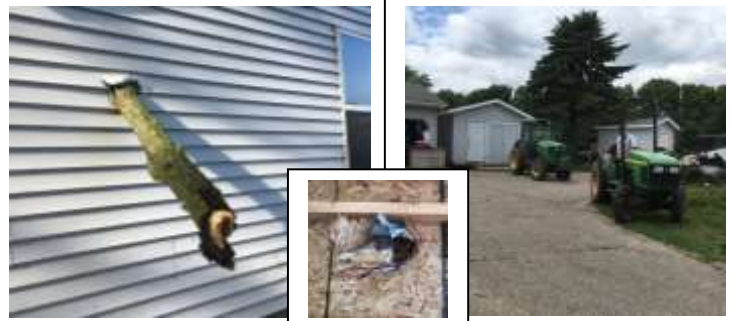
Roasted Veggies

1 zucchini
 1 summer squash
 1 yellow summer squash
 2 medium onions
 Can throw in broccoli too!
 Slivered garlic or chopped garlic scapes (or both)
 Chopped parsley sprinkled over all veggies
 Oil of choice
 Salt and pepper to taste

1. Chop all vegetables and garlic.
2. Toss all ingredients in oil until well coated.
3. Make a tin foil packet. Place veggies and herbs into middle of packet .
4. Fold up sides and seal tin foil either by folding or feel free to use your stapler. Not a typical cooking utensil I know!
5. Place packet in over and bake at 350 degrees for about 30 minutes. This can also be placed on the grill while you are enjoying your summer barbeques.
6. This is so wonderful because it is so versatile. If you put in your summer squash and zucchini this week, next week you can put in potatoes and any other veggies you may get. Great way to change up an otherwise similar meal!

A Big Storm!

We had a very, very windy day on Tuesday. We only had a little damage though. A branch from our very old maple tree came down on top of our garage. There are two new holes in our garage now (well one is patched). Bummer that wasn't on our list of things to! We have an employee from Florida and a WWOOFer from Virginia who both said the storm seemed worse than a hurricane. Luckily there was little other damage done and all our people and animals are healthy!



The best part about the storm is that the next morning when I showed Jonny, my 4 year old, the picture the first, very honest words that came out of his mouth were, "I didn't do that Mommy!!" Not that he has ever been naughty before! ☺ There are tons of joys in parenthood.

Next Week's Box

Our best guess for next week's box:

- *Potatoes – unless it is too muddy to dig them or they are too small
- *Cucumbers
- *Broccoli
- *Collard Greens
- *Some Tomatoes
- *Green Onions
- *Radishes (if they don't bolt)
- *Summer Squash
- *Zucchini
- *Peppers!

Swiss Chard

1/2 teaspoon salt
 2 pounds Swiss chard
 4 teaspoons melted butter
 1/8 teaspoon pepper
 1 tablespoon vinegar or lemon juice

Directions

Rinse chard; separate stems from leaves. Cut stems into 2-inch pieces; cut leaves crosswise into 1-inch strips. To a saucepan add 2 teaspoons melted butter. Add stems to pan; sauté about 5 minutes. Add leaves; cook another 5 minutes. Add remaining 2 teaspoons butter and pepper. Mound chard in center of serving plate and drizzle with vinegar or lemon juice.