



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Kohlrabi or Cabbage** – The kohlrabi in the field is now starting to put on a little bit of size. It is time to harvest and send out this treat to you. Again, the leaves are edible. My favorite part of kohlrabi is peeling it and eating the crisp, juicy inside. The cabbage is also starting to get bigger. These are great for cole slaw and cabbage soup. Cabbage rolls are a hit around here too! We will try and get a mix of each of these to you during the season. Right now we will harvest the biggest of each and send out what is ready. Enjoy!
- ❖ **Summer Squash and Zucchini** – Last week the summer zucchini and yellow squash really took off. We are now watering again so that we can continue to get a beautiful crop.
- ❖ **Cucumbers** – We finally have cucumbers coming in strong. The high tunnel cucumbers are looking very sad this year. I haven't figured out why. Our field cukes are coming in great though. This is why we farm more than one crop in more than one area. ☺ Farming is a scientific guessing game.
- ❖ **Basil** – We will send out basil this week as our herb of the week. With all the tomatoes you will be getting I could see salsa, caprese salad or even salsa on your menu.
- ❖ **Tomatoes** – This week I will give you an idea of our different tomato varieties. The regular red, round, tomatoes are mostly big beef. Especially if they are a very meaty tomato with not a lot of pulp. The crazy pink looking tomatoes are called brandy boy. This is a heirloom type variety. It is softer and doesn't go out in boxes quite as well, especially if it is really ripe but their taste is amazing! It has that truly old fashioned tomato kick. We are also growing cherry tomatoes. We will get some out to you as they are ready. We don't have a ton of them ready at the same time yet. We will try and get some to everyone as they are available.
- ❖ **Lettuce Monday, Kale or Lettuce Wednesday** – Last week Wednesday share holders received lettuce instead of the kale chard that Monday got. This week we will switch that up. There wasn't quite enough kale for the Wednesday shares
- ❖ **Green and Yellow Beans** – We have been working on getting drip lines on the beans because it is dry now. Such a change from the mud we were tromping through, ☺ It looks like we should get sporadic rain next week so if that is true that would be great. We could now use it.
- ❖ **Spring Onions** – We have another week of the smaller forum onions. These are not a variety I will grow again. I guess we have to try everything once. It was nice planting them because they are sets instead of seeds but they are so small. Not something I want to repeat. Thanks for dealing with the little onions for a bit. Bigger ones are on their way!

Delicious Chicken Curry with Seasonal Veggies

Delicious Chicken Curry with Seasonal Vegetables

For 2 people (easy to cut in half for one or multiply for more):

Ingredients:

1/2 of a 16 oz. can of coconut milk

2-3 tablespoons of curry paste (green, red or yellow)

2 skinless, boneless chicken breasts - cut in 1-inch pieces and cooked as you prefer (I sauté in a skillet with olive oil)

Cooked veggies (one, some or all) - approx. 4 cups (uncooked) total per person

- Green/yellow beans - (slightly boiled or steamed)
- broccoli - (slightly boiled or steamed)
- kale - (boil for approx. 15 min or until somewhat soft)
- peppers - (slightly boiled or steamed)
- Summer squash/zucchini (slightly boiled or steamed)

Place coconut milk and curry paste in a large skillet over medium heat. Stir until combined, then simmer for 5 minutes. Add chicken and vegetables to the skillet. Simmer until heated through, about 5-10 minutes. Serve over rice or on it's own as a Paleo/low-carb meal.

Member submitted recipe. Thanks Carol!



Another Baby Boy

We now had our 4th baby boy calf. He is pictured below with his good mommy watching over him. To the left are the two other calves that are at the same summer home as this little cutie. All the calves are doing great. We are so happy that our mommies are taking such good care of their little guys.

Quick Farm Update

We are so happy with how our garden is growing. The greens have slowed down because of the hotter weather. Kale and lettuce will be more sporadic. The summer crops are really coming in now though. The boxes are getting heavier. This is when I feel bad for all the people around here lifting so much heavy produce. I am so excited about what is already here and all the crops still to go in the boxes. Just waiting is corn, tomatillos, peppers, cabbage, squash, and melons. This is a good time of the year! Enjoy!

Next Week's Box

Lots of produce is just beginning to ripen.

Yellow and Green Beans
Romaine or Two Star Lettuce
Peppers Eggplant
Red Potatoes
Summer Squash
Zucchini
Peppers
Swiss Chard
Tomatoes
Spring Onions
Parsley

