



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Red Potatoes** – We are praying that with this rain our potatoes will be ok. It is not good for potatoes to sit in mud. Hopefully it will dry up soon and we can get back to potato digging. If not we will dig in the mud which is not so terribly fun. We will do it though!
- ❖ **Spaghetti Squash – (Half Shares)** This yellow squash looks a lot like the lily melon we sent out to some of the full shares last week. It is quite confusing because you can't cook the melons but you have to cook the spaghetti squash. Don't get it confused if you don't know smell it or shoot me an email or text. It would be a bummer to have cooked cantaloupe I think!
- ❖ **Tomatoes** This is salsa week. I will work on getting everyone a good amount of tomatoes, onions, bell peppers and an Anaheim. This is the perfect recipe for salsa. Hope you can enjoy it as much as we do!
- ❖ **Acorn Squash – (Full Shares)** These small green acorn shaped squash are surprisingly ready already. I think of squash as being more of a fall harvest but for some reason they decided to ripen early this year. Enjoy!
- ❖ **Yellow Onions** – Our onions are wonderful and a bit sweet when cooked this year. Throw this in salsa if it doesn't get put in some other fresh food you are eating.
- ❖ **Green Beans**– Steamed, boiled or cut into other dishes these are a favorite around here!
- ❖ **Peppers** – Everyone will get a pepper or two this week. The long green ones are hot, Anaheim. The long yellow ones are sweet bananas. The purple bells are called purple beauty and the smaller rounder tipped orange ones are called orange blaze and are one of my favorite sweet peppers. I think those are all the varieties we are sending out this week.
- ❖ **Swiss Chard** – Absolutely beautiful. These are growing very well considering the hot weather we have had. Sauté them in eggs if you need something different to do with them.
- ❖ **Anaheim Peppers** – These are a mild hot pepper. When making my salsa I put a whole pepper in for my 6 tomato recipe. These are nothing compared to jalapenos.
- ❖ **Cherry Tomatoes – (Full Shares)** I think we will have enough cherry tomatoes for all of the full shares this week. This is a time intensive crop to pick but they are so good! Most of them are chocolate cherries which have a beautiful dark color.

Time for Salsa!

My very favorite salsa recipe is so quick and easy! This is what I do...

Gather 6 medium sized tomatoes

- 1 large onion
- 1 large bell pepper
- 1 small head garlic or a clove or two
- 1 anaheim pepper

Wash all produce and blend it in quick bursts in a food processor. It works well to process the garlic and onions first and then add the peppers and tomatoes. This is super easy and so fresh and wonderful. To add a nice added taste treat you can add some cilantro or basil. Absolutely delicious!

Next Week's Box

Here's our best guess for next week...

- ❖ Green Beans Possibly
- ❖ Onions
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Red Potatoes
- ❖ Dill or Parsley
- ❖ Some Tomatillos
- ❖ Carrots
- ❖ Cantaloupe in the next 2 weeks or so



Baked Parmesan Tomatoes

Makes: 4 servings

Active Time: 5 minutes

Total Time: 20 minutes

INGREDIENTS

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

PREPARATION

Preheat oven to 450° F.

Place tomatoes cut-side up on a baking sheet.

Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

NUTRITION

Per serving: 91 calories; 6 g fat (2 g sat, 4 g mono); 4 mg cholesterol; 6 g carbohydrates; 3 g protein; 2 g fiber; 375 mg sodium; 363 mg potassium.

Recipe Taken from

http://www.eatingwell.com/recipes/baked_parmesan_tomatoes.html

Happy Pigs and Abby taking her sheep Anna to the fair! Lots of 4H ribbons. ☺



Don't Wash us Away!

Wow we have had a lot of rain! It is amazing how it comes only once in a while but it drops inches on us when it rains. We are getting very used to harvesting in the rain and mud. Did you notice how fresh your kale was last week. That is what happens when you harvest in the rain. We didn't send out any herbs last week either because it is so hard to harvest and bag wet herbs. It is a rather time consuming project and we just didn't have the time. Plus herbs don't keep as well when they go into a plastic bag wet.