



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Blue Curled or Dinosaur Kale** (or swiss chard) – It is a kale week again this week. We have the blue curled or the tuscano dinosaur, flat, kale. I have had so many people tell me how much they love kale. This is a delicious, good for you green!
- ❖ **Swiss Chard** – Most of you got swiss chard last week. It looks sort of like rhubarb with white or colored stems. I know half share on Wednesday did not get swiss chard last week. We will do what we can to make sure you get your share of chard this week.
- ❖ **Green Star Lettuce** – Looking at our field with lettuces of different sizes spread across the 300 foot row I believe there will be enough for everyone to get one this week. This is the light green frilly lettuce that is so pretty on sandwiches, salads or wraps. This is one of my kids' favorite lettuces.
- ❖ **Red Romaine Lettuce**– Again this lettuce looks like there should be enough for everyone to get at least a head of it this week. If it comes up short we may substitute in another variety of lettuce which is called winter density. So if you don't have a dark red head of romaine in your box this week you will probably have a more dense shorter green head that is more of a bibb type lettuce. Either way they will make a wonderful salad. Thanks for being flexible.
- ❖ **Parsley** – What I have learned from running a CSA is that not everyone is used to eating fresh herbs. If it is not something we grew up with it sometimes is hard to realize how easy it is to use these. The best part about fresh herbs is they can be used in so many ways. If you use dried herbs in cooking you just replace the fresh ones instead. Also if you just cut them you can put them on your salads or sandwiches. They add a wonderful flavor. I had a member write to me about how she put lemon basil on her salad and it just made the salad. This is so true. Many people are used to covering their food with butter or salt or salad dressing to make things taste well. Fresh herbs do exactly the same things with a healthy natural addition!
- ❖ **Cucumbers** – We picked our first 20 cucumbers last week. They are just beginning. We have two tunnels of cucumbers plus some in the field. We just transplanted some little ones into the field last week. I still don't think we will have enough for everyone until next week or possibly the week after but at least you will get one in the next couple weeks. They are so good fresh from the garden! We grow a couple different varieties including long English style cucumbers called sweet success and sweeter yet and Eureka, which is a dual purpose canning and fresh eating cucumber. Diva is another one of our favorites which has a very smooth skin. The majority of the cucumbers are 'burpless' which means they have little tiny seeds. We try to grow whatever we love so hopefully you will love these varieties too.

❖ **Hakuri Turnips** – (Monday) I am not totally happy with the prettiness of these turnips. There are some markings on the turnips that I wish were not there. I debated not sending them out but since the marks will not change the taste of them I figured it would be good for you to try. Just peel them and you will see the prettiness on the inside. Hakuri turnips are one of the best varieties of turnips in my opinion. They have a little sweet taste and then a bite. Try them and see what you think. This is one of the crops that we planted quickly in the driest spot available in this wet spring. We won't have quite enough for everyone to have a lot but hopefully everyone will get a small amount. That was all the ground we had. P.S. You can just eat them raw. ☺ Also good broiled or in eggs or your favorite dishes.

❖ **Tomatoes** – A few tomatoes but there won't be enough for everyone. We will keep rotating it around so everyone gets the early ones until we have enough for everyone every box. The plants in the tunnels look gorgeous and many are taller than I am. They have huge clusters of green fruit. Lots of tomatoes to come!

Below everyone is heading in after a hard day weeding. The fields have plenty of weeds but we are doing our best to win the weed war!



Blessing Others with Your Share?

I know several of you have held your box or are having someone else pick it up for you this week. We just want to remind you that if someone else is picking up your share please inform them exactly what to do. Are they supposed to get a chicken? Do they take eggs? Tell them also if they are supposed to only get a share and not take eggs. We love to share with others just please confirm with them the color of your box so that they know what to do. Thank you and enjoy your 4th of July week!

Next Week's Box

Our best guess for next week's box:

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|------------------------------|------------------|
| * Zucchini and Summer Squash | * Green Onions |
| * Sweet Success Cucumbers | * Collard Greens |
| * Winter Density Lettuce | * Kale |
| * Some Big Beef Tomatoes | * Basil |

