



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Spring Onions** – We are sending out spring onions this week. Some of these will have flowers but most will not. The whole thing is edible. As the season continues they will get bigger. They are nice and juicy and fresh right now.
- ❖ **Potatoes** – Now we hope we will be able to dig the potatoes. The baby reds aren't huge but they sure are delicious! Check out the recipe for garlic roasted potatoes. Absolutely delicious. When the potatoes are ready my meal options greatly increase. Boiled potatoes, potato soup, baked potatoes with all the toppings, potatoes sautéed with onions, garlic, summer squash and zucchini with scrambled eggs or just French fries or potatoes and onions. Yes, this is a wonderful addition to our seasonal eating.
- ❖ **Lettuce** – The heads of lettuce will be smaller that they have been in the past. We will send out whatever variety is ready in our new planting. You may get a mix of lettuce.
- ❖ **Cukes** – The cucumbers are coming in from the field now. All cucumbers you have gotten up to this point have been out of the high tunnels. If you notice a bit of difference in quality that is tunnel related. They are all wonderful but the ones out of the tunnels are just more beautiful.
- ❖ **Zucchini (green and/or yellow)** – The zucchini contest at the Mankato Farmer's market is Saturday. I will probably have the newsletter uploaded by that time so I will post the results next week. I think I may leave one or two growing just to see how big they will get. We have no lack of zucchini. ☺ We could let them grow a bit bigger and then send them out but we are concerned about space in the boxes too. The great thing about big zucchini is they make excellent zucchini bread.
- ❖ **Summer squash** – The yellow straight produce that looks like a yellow zucchini is a yellow zucchini. They are wonderful to sauté with garlic, onions and some zucchini. There is also a recipe for summer squash casserole. You can look that up online. If you are into zucchini bread, muffins or cake you can very easily substitute summer squash.
- ❖ **Broccoli** – Wow, this is a great year for broccoli. Most of the heads are big and look great. These are great for fresh snacking, cutting up in your salad or in your soups or stews.
- ❖ **Kohlrabi**- The kohlrabi is amazing. They are big and beautiful. Don't shy away from these delicious treats. If you aren't into eating these raw try one of the recipes below. Don't be chicken. Eat your veggies! ☺
- ❖ **Cabbage** – Has anyone made cabbage soup? That is a favorite around here. Hamburger, onions, tomato and cabbage all cooked together. This is a comfort food for our family.

❖ **Basil** – We sent out 65 lbs of basil two weeks ago. It looks like the plants are wonderful and ready to be harvested again.

Next Week's Box

Lots of produce is just beginning to ripen. Here is our best guess for next week:

Cucumbers
Summer Squash and Zucchini
Swiss Chard
Tomatoes
Parsley
Possibly Green Beans
Possibly Peppers
New Red Potatoes
Broccoli
Probably Peppers
Garlic

Tomatoes Coming Soon

The first couple tomatoes have now been harvested. ☺ It is now time for tomatoes on your sandwiches, the ever famous BLT and even just tomato sandwiches (yes that is a T instead of a BLT, very good!) The mosquitos are extremely hungry around here so if you know of any organic ways to get rid of we are all ears. ☺

Egg Cartons Please

With all of the eggs we send out we use LOTS of egg cartons. We would love to have your clean used egg cartons back. If we end up buying new egg cartons it raises the price of the eggs in the future. Thank you for recycling and giving us back your egg carton garbage. ☺

Driving in Forward

Last week on our Monday run we had an issue with the transmission on our delivery truck. The truck wouldn't go in reverse at all but luckily limped through all the deliveries and made it all the way home and to the fix it shop. Wish it didn't cost that many thousands of dollars to fix it but now it is up and running again. Hopefully we won't need to fix it again anytime soon. It is hard on a farmer's finances! We continue to feel blessed truck bills or no truck bills!

Super Creamy Potato and Kohlrabi Soup

Adapted from *Purplerainvineyard.com*

Makes 4 Servings

Member submitted recipe. Thanks Jessica!

Ingredients:

1 medium sized onion, largely sliced
6-7 garlic cloves, peeled and left whole
1 tablespoon olive oil
2 kohlrabi bulbs just bigger than your palm
3 medium sized yukon gold potatoes
1 1/2 cups vegetable broth
salt and pepper to taste

Directions:

1. Preheat your oven to 375 degrees. In a large cast iron skillet or baking sheet combine the onions and oil, and put them in the oven to roast. At 15 minutes add the garlic and give the whole thing a stir. Continue roasting - stirring every 10 minutes - until the onions are deeply golden brown (but not burnt of course).
2. Meanwhile, peel the kohlrabi and potatoes. Cut them into half inch chunks, and add them to a large pot with a large pinch of salt. Cover the vegetables with water and bring them to a high boil. Boil until the potatoes are tender enough for a fork to pierce through easily. The kohlrabi might still feel a bit hard, but it's ok.
3. Drain the vegetables and put them into your blender (or back into the pot if using an immersion blender). Add the roasted onions and garlic, and blend until the vegetables are completely pureed. Add the broth, and blend to incorporate.
4. If using a standing blender pour the puree back into your pot. Add salt and pepper to taste, and reheat over medium heat if need be. We drizzled ours with homemade oregano oil, but it's not necessary.

Loss is so Hard

One of our heifers didn't make it through her first delivery. We had the vet out but the calf was stillborn and later we lost the cow too. Farming isn't always fun. ☹️ Luckily we know that through it all we are blessed.