



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Garlic Scapes** – Use these just as you would garlic, except you don't have to peel it. Chop and sauté this for your favorite dishes. You can dice it and put it in salads, or put it in soups or stews or salads to add a mild garlic flavor. These are great in eggs.
- ❖ **Green Leaf Starfighter Lettuce** – This crisp green frilly lettuce has a super light texture and a sweet finishing taste. Wonderful as a salad or in sandwiches or tacos.
- ❖ **Swiss Chard** – This is a super food. Delicious and very good for you too. The colorfulness is just a bonus. Sautéed Swiss Chard is a great recipe. Find it here <http://www.food.com/recipe/sauteed-swiss-chard-dont-be-afraid-232055>.
- ❖ **Bok Choi** – This will probably be the last time you get bok choy until fall. We typically don't put an 'odd' veggie in two weeks in a row but since you won't get it again for a long time we are hoping you will forgive us. 😊
- ❖ **Parsley**- Garlic roasted potatoes sprinkled with parsley are my favorite

way to use parsley. Sorry the potatoes aren't quite ready yet.

- ❖ **Red Kohlrabi (Full)** – This is a super sweet and juicy kohlrabi. We have topped them because they tend to get soft when the leaves are still on.
- ❖ **Green Kohlrabi** – We will try not to overwhelm you with this delicious crop last year but we love it so much. It is also easy to prepare since you cut off the outside and enjoy the middle.
- ❖ **Red Romaine** – This is a smaller head of lettuce so you aren't too overwhelmed. The dark red color makes this one so pretty in a salad. Try grilling your lettuce for a fun new treat. <http://www.foodnetwork.com/recipes/grilled-romaine-salad-recipe.html>



Next Week's Box

Here is my guess of what will be ready next week. As long as you don't hold me to this exactly I will be happy to give you an idea of what should be ready next week. I know it helps with meal planning!

Sugar Snap Peas	Basil
Garlic Scapes	Green Leaf
Radishes	Collards
Green Onions	Kale
And more!	

What if we are unable to pick up our box?

A frequently asked question from our CSA members is, "What if we are going to be gone and can't pick up our box?" There are three options if you are going to be gone for a week of pickup. First, you can have a friend or family member pick it up for you. Just let them know how to go about it and what they should be picking up. Then they can keep it for you or you can bless them with it.

Second, you can have us hold it and since it is ready the week of pickup we will harvest and donate it to our local (or if we overwhelm them) a not so local food shelf.

Third, you can pick it up on a different day and/or different location. We deliver on Mondays, Wednesdays and Fridays. All of our pickup sites are listed on our website. It is easy to switch your location and pickup day in your account. Just remember to change it to your original pickup spot for the following week.

Hope that helps! Let us know if you need help with any of this.

Cilantro Vinaigrette

Member Submitted Recipe. Thanks Gwen!

½ c cilantro leaves & upper stems, roughly chopped

¼ c oil – olive

¼ c vegetable oil – canola, grapeseed, your favorite

¼ c red wine vinegar – or on-hand favorite

1 garlic clove, peeled

1 tsp granulated sugar

½ tsp kosher salt, or to taste

Pepper to taste

Puree until smooth in blender. This will store for a week or more in the refrigerator. You will need to shake or whisk to re-emulsify.

Nummy, cilantro is so good!

Fun Farm Facts

Lots of produce is right around the corner! It is summer now and the crops are looking great. The apples are about the size of a bouncy ball. The tomatoes are smaller than baseball size but growing great. We harvested the first few cucumbers this week but don't have a big enough supply to send them out in shares yet. We saw the first baby zucchini this week. The peppers are about 2 inches long. The lettuce looks fantastic and the herbs are awesome. The potatoes are flowering. Did you know that for each potato flower there is a potato underground? I'll try and get a lot of pictures posted on facebook and our website so you can get a little taste of all the beauty that is around here right now. Summer is a wonderful time of the year!



New Baby

We have been waiting for our last ewe to lamb for more than two months now. Amy our sweet white faced ewe had her first lamb. Amy isn't quite sure of the cute bundle of energy that is continually trying to eat from her but she will get it. The little lamb is a cute little boy.