



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Kale** – Not only is this delicious it is so versatile and very healthy for you! There may be some mixed red kale for Wednesday shares. Kale is so good for you. Get healthier eat your kale!
- ❖ **Cucumbers** – Our cucumbers are now ripe and ready. They just ripened mid-week last week so our end of the week shares received them now it is Monday's turn. I think we will have plenty for everyone this week. Delicious salad topping!
- ❖ **Green Romaine Lettuce** – Romaine is such a wonderfully healthy green. We are only sending one head of lettuce this week so as not to overwhelm you. Even though we have enough to send everyone about 6 heads of lettuce this week. ☺ I know the food shelves are so delighted to see it. Variety is the spice of life!
- ❖ **Garlic Scapes** – This will be the last week for scapes. Next you can look forward to the garlic bulbs. I would guess them to be ready in less than a month.
- ❖ **Cilantro** – Cilantro is a sensitive crop that tends to bolt in the heat I'm not sure how much longer it will go so we are sending it out again before the dill, basil and citrus basil which are more heat tolerant. If you love cilantro in your salsa dry or freeze some. Then when the tomatoes are ready your cilantro will be too!
- ❖ **Bunching Onions** – Last week for these too. Next we will go on to onions that were planted as sets in the early spring of this season.
- ❖ **Radishes** – These are not as pretty as they were the last time but still delicious. Radishes are hotter when the weather is hotter so these will have more kick. If you prefer to skip the kick sauté them or broil them.
- ❖ **Sugar Snap Peas** – Delicious! These are snap peas so you eat the whole pod. No need to shell. We don't grow shell peas because they are too much work to shell. Anyone prefer those? We could put them in still but don't want you to have to do so much work to get a pan of peas.
- ❖ **Bok Choy** – We have an abundance of this Asian green. It is starting to bolt in the field so this will be the last week. It should keep in your fridge for about two weeks so you could take a break and eat one later.
- ❖ **Collards** – Here is a good southern food. <http://allrecipes.com/recipe/kickin-collard-greens/> Otherwise eat them like kale chips. You could even do a double batch of kale and collard chips this week.
- ❖ **Cabbage** – (Full Shares) Our cabbage from the tunnels looks phenomenal but we only currently have enough for full shares. The cabbage in the field will take a bit longer then we will have plenty for everyone. Cole slaw anyone?



Now is the time for tons of harvesting and so much weeding! But the payoff is so great!

## Blessing Others with Your Share?

I know several of you have held your box or are having someone else pick it up for you. 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 time away!

## We Are SO Blessed

This has been an AMAZING growing season so far. We have had light consistent rains with lots of time for planting, weeding and harvesting in between. We have been donating lots to local food shelves and we are feeling like we need to share that with everyone.

If you feel like you have lots of produce right now you are right. We try and have our boxes be worth more than you would pay for the similar amount of organic produce at the market. This week the full shares are slated to get more than \$10 above what the purchase price would be. Our fear is by passing on this blessing you will be overwhelmed with produce. This is your chance to share with others. Do you have a neighbor, family member, friend or coworker that you think would benefit from good food? Please pass on the blessing. Also if some of the items in your box do get wasted know that they are extras anyway. Pay it forward and bless someone else.

## Let the Variety Begin!

I have been thinking about how the boxes have been heavy on greens lately. We are almost dry enough to change that. With the increasing heat and drier weather our crops are finally starting to fruit. Here is a preview of coming attractions that will be ready in the next couple weeks...

Green Beans, Peas, Cucumbers, Tomatoes, Red Potatoes, Garlic, Zucchini, Summer Squash, Cabbage, Beets and peppers too. Soon after there will be Watermelons, Cantaloupe, Broccoli, Sweet Corn, Apples and much more. Just thought I would let you know that you should enjoy your lettuce now because the boxes will be changing soon!

## Kale or Collard Chips

- 1 bunch kale or collards
  - 1/2 tablespoon oil
  - 1 teaspoon garlic powder
  - 3/4 teaspoon chili powder
  - 1/2 teaspoon onion powder
  - 1/2 teaspoon smoked paprika
  - 1/4 teaspoon salt
  - 1/8 teaspoon cayenne (optional)
- Preheat oven to 300F.

Remove leaves from the stems of the kale and roughly tear it up into large pieces Wash. Add kale leaves into a large bowl. Spritz oil on leaves. Sprinkle on the spices and toss to combine.

Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.

Bake 10 minutes, rotate the pan, and bake for another 12-15. Enjoy immediately.

## Next Week's Box

Here is our best guess for next week:

Tomatoes are big and Green. ☺

- Green Star Lettuce
- Cucumbers
- Summer Squash and/or Zucchini
- Swiss Chard
- Pea Shoots
- Kohlrabi
- Green Beans
- Red Romaine (Fulls)
- Basil

**Hope everyone had a happy Father's Day. We sure did!**

