



CHRONICLES OF A DRIFTER

CSA NEWSLETTER

JUNE 25, 2013

IN YOUR BOX THIS WEEK . . .

Basil Plant: Genovese

This is a great variety of basil for pesto and all things Italian. You can plant this in a garden or in a large pot.

Black Beans

These beans are from Scott Anderson, one of our share members and an organic farmer in Litchfield. See back page of the newsletter for cooking instructions. Try in burritos or enchiladas - use those greens!

Baby Bok Choy: Mei Qing Choi

We love bok choy in stir fries. It is also great in soups. When preparing for cooking, we usually snap all of the leaves off the head, wash, then separate the green and white parts (white parts take more cooking time).

Carrots: Baby Yaya and Nectar

These carrots are from our high tunnel and are still a bit on the baby size but nice and tender. Carrots have proven to be a favorite crop based on past share member surveys so we decided to try out an early crop in the high tunnel this year.

Dill

Great addition to freshly caught fish for our fishermen out there!

Kale: Ripbor (Green Curly)

Kale is a delicious and versatile green that can be eaten raw or cooked. We included a recipe in this newsletter for a tasty kale smoothie. Kale is a favorite addition of ours to quiches, frittatas, and marinara sauces.

Kohlrabi: Kolibri

Kohlrabi is the slightly space-age looking vegetable in your box this week. There are many fancy recipes out there for kohlrabi but our favorite way to eat it is to trim off the greens, peel the bulb, slice the bulb thinly and eat raw. It is great dipped in a dressing or in hummus or just sprinkled with salt.

Lettuce: Romaine**Radishes: Pink Beauty or Cherriette**

Love these sliced thinly and added to a mayo sandwich.

Salad Mix: Allstar Gourmet**Scallions (Green Onions): Red Baron or Parade**

All of the green onion (white and green part) can be eaten. Great on burritos, soups, sandwiches, in eggs and on salads.

Spinach: Corvair

A great green for making "green applesauce" (blend with applesauce for the little ones in your house).

Turnips: Hakurei Salad Turnips

Salad turnips are very mild turnips that are usually eaten fresh and raw. We love these sliced thinly and tossed with a salad or into a wrap. Cut them up and have in the middle of your table along with radishes and carrots - dip in your favorite dressing or hummus.

WEEK 2: BRING ON THE SUN!

When it rains it pours, as the saying goes. The last week brought about 4.5 inches of rain to the farm and the fields are decidedly soggy. We have begun to expect some big round of storms in June and this year is no different. The driving rain and wind were hard on a few of our crops but probably did the most damage to the tender greens and tomatoes. Some of our lettuce was bruised and ripped too much to give out though the salad mix pulled through. You may notice tears on your turnip and radish greens and spinach this week. The tomatoes were quite whipped around by the fierce winds and we had some snapped plants in our tomato field. We are hoping those snapped plants will sucker and still produce some nice fruit. Even with the wind and rain we count ourselves lucky as many other areas had more rain, hail, stronger winds and flash flooding. We hope all of you fared well and that our St. Cloud folk were not without power for too long. One thing that DID love the 4.5 inches of rain last week was the pigs. They are in their glory wallowing in the mud and puddles and they remind us there is always an up side to the challenges of farming.

As the fields dry out we continue to weed with a fury and are still transplanting and seeding crops that will find their way into your boxes later in the season. We are looking forward to the arrival of the chickens tomorrow. Nick will be off with our friend Andy on Wednesday for a late evening journey to pick up the fair ladies. Eggs to come soon!

A few beginning of the season notes (full shares, you will have seen this info but we are including again for the half shares) . . . We do rinse your produce (except for the tomatoes, cured garlic and onions) but we recommend that you give your produce one more good wash just before eating or cooking. We strive to leave the soil and critters on the farm, but we do have our share of biological diversity and occasionally they will find their way into your box. Also, for the longevity of your produce, we recommend that you take a couple minutes to transfer your produce into preferred storage containers in the refrigerator when you bring it home. This may also be a good time to wash and prep some produce for easy use. **Please remember to return your share box** (broken down, see instructions included on your CSA Member Handbook) to your drop site the next time you pick up your share. We re-use these throughout the season, which saves on waste of resources and cost.

We will also be posting our newsletters on the website if you need another copy, are sharing a share, or are a half share member and would like to read newsletters from alternate weeks when you do not receive a box. You can keep up with other goings-on at the farm by following our blog or following us on Facebook. **We also encourage you to see the farm for yourself.** We would love to have every share member out to the farm at least once this season through work parties, tours, or share member events. Just contact us before you come out so that we can make sure to greet you when you come. Please feel welcome to offer feedback about your share throughout the season. Your satisfaction is a top priority. We are also happy to provide additional recipe ideas and vegetable information if you are looking for some new ideas in the kitchen (just email or call, really, we mean it). Happy cooking, eating and community in the kitchen to you and your families!

-Best wishes from your farmers,

Joan, Nick, Abe and the littlest Drifter-to-be (arriving in November!)

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 4.52"

High Temp: 86°F

Low Temp: 53°F

Sightings: Trumpeter swans flying low over the farm and the "super moon" making an appearance on Sunday night (the full moon at or near its closest approach to Earth - hence, it looks huge!)

How to Store Your Produce

Most of your produce this week can be stored in the refrigerator in plastic bags. If you have room in your vegetable drawers, that's great. If not, they will be fine in the main refrigerator. *Some exceptions . . .*

Black Beans: Store in a plastic bag or glass jar in the cupboard.

How do I prepare the beans?

Rinse well, soak covered by 1 inch of water for 4 or more hours (up to overnight). Drain, rinse and cover again with 1 inch of water. Bring to a boil, lower to a rolling simmer, stirring occasionally until tender. You can add water if needed. Our favorite additions to black beans (you can add these while the beans are cooking) are salt, pepper, cumin, coriander, and chopped onions and garlic. They are great served in a tortilla and would be tasty along with your lettuce, arugula, sliced turnips, scallions, and cilantro.

A few of our favorite spring time recipes are on our website:

- Radish Danish Sandwiches
- Scallion Biscuits
- Creamy Scallion Dip
- Bok Choy with Cashew Sauce
- Spring Radish Spread
- Savory Sesame Kale

Recipes from past Newsletters:

- Bok Choy with Yellow Bell Peppers: Week 1, 2013
- Sesame Soy-Glazed Bok Choy: Week 1, 2013
- Whole Wheat Pasta with Kale: Week 1, 2012

Creamy Lemon-Scallion Dressing

1 T. lemon juice
½ t. salt
½ t. pepper
1 c. plain yogurt (or soy yogurt)
¼ c. finely minced scallions
Combine all ingredients in a glass jar. Shake well to combine.

Yogurt Dill Sauce

1/3 c. yogurt (or soy yogurt)
3 T. chopped fresh dill
1 teaspoon lemon juice
Salt to taste
Combine and refrigerate 30 minutes before serving.

Recipes

**Additional recipes can be found online on our website. Look under the "Recipes" tab and then under individual veggies for more ideas. Also, check the past year's newsletters. If you come across good recipes that you would like to share, drop us an email and we can include them on the website for other share members to try.

Kale Smoothie with Pineapple and Banana

Adapted from realsimple.com

We made this recipe in the Greens Cooking class last weekend. These amounts are not set in stone. Add more or different fruit (such as blueberries or raspberries) if desired. You can also substitute different milk (cow's milk, almond milk, etc). We like adding more banana to this recipe. You can also add more greens than called for if desired.

1/2 c. coconut milk or rice milk
2 c. stemmed and chopped kale or spinach
1 1/2 c. chopped pineapple (about 1/4 medium pineapple)
1 ripe banana, chopped

Combine the coconut milk, ½ cup water, the kale, pineapple, and banana in a blender and puree until smooth, about 1 minute, adding more water to reach the desired consistency.

Kohlrabi and Apple Slaw with Creamy Coleslaw Dressing

Adapted from "A Veggie Venture" blog

1 kohlrabi, trimmed, peeled, grated or cut into tiny matchsticks
2 apples, peeled, grated or cut into tiny matchsticks

Dressing:

1/4 c. cream, or non-dairy substitute
1-2 t. fresh lemon juice
1 t. good mustard
1/4 t. sugar
Salt & pepper to taste - go easy here
Fresh mint, chopped

Whisk cream until fluffy. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.

Kohlrabi and Carrot Fritters

Adapted from "From Asparagus to Zucchini"

Serve this with the Yogurt Dill Sauce recipe if desired

1 kohlrabi bulb, peeled and shredded
2 carrots, shredded
1 egg, beaten
1 ½ - 2 T. dried bread crumbs
1/8 c. chopped scallions
½ t. salt
1/8 t. crushed red pepper (optional)
Black pepper to taste

Squeeze out excess moisture from shredded kohlrabi and carrots. In a separate bowl combine eggs, dried bread crumbs, scallions, salt, crushed red pepper and black pepper. Add kohlrabi by the spoonful and mix until egg is coating the entire mixture. Heat 4 Tablespoons of olive oil in skillet until small bubbles appear. Form fritter mixture into two-inch balls and drop into skillet. Press gently with spatula to flatten. Cook for 5-7 minutes on each side, or until golden brown.

Kale Chips

From Mary Jane Miller (www.maryjanemiller.com)

1 bunch Dino or green curly kale
1 t. olive oil
Sea salt, to taste

Pre-heat oven to 300 degrees. De-stem and cut kale leaves in halves down the center of the leaf. Toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet. Bake for 15-20 minutes, or until crisp. Place baking sheet on a rack to cool.