



CHRONICLES OF A DRIFTER

CSA NEWSLETTER

JULY 16, 2013

IN YOUR BOX THIS WEEK . . .

Basil: Genovese

Basil is a tasty and versatile herb that is delicious in fresh salads, on sandwiches, BLTs, or in sauces or pastas. We included a recipe for pesto which would go well with the baked summer squash recipe.

Beans: Provider

Nothing like lightly steamed green beans with a bit of butter and lemon! We also love adding a bit of bacon to our bean dishes.

Cauliflower: Absolute or Fremont**Broccoli: Green Magic or Imperial**

We have really been enjoying broccoli in stir fries as well as steaming lightly and adding to burritos or in omelettes.

Cabbage: Farao**Cucumber: Dasher II or Marketmore**

We have included cucumbers in most lunches and dinners, peeling and thinly slicing, adding to salads or just dipping in dressing. You can eat the skin though some people are sensitive to its flavor. If you have a hard time with the skin, simply peel!

Kohlrabi: Kolibri or Winner

Kohlrabi is the slightly space-age looking vegetable in your box this week. 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, guacamole, hummus or just sprinkled with salt.

Lettuce: Green Star or Concept**Onions: Walla Walla**

These are early, fresh onions that you can use in any recipe that calls for onion.

Oregano

This is a lovely herb that would be great on the summer squash dish. We also put this on homemade pizza this week.

Peas: Sugar Ann or Super Sugar Snap

The entire pea including the pod is edible. We like to snap one end off and peel off the string on the side of the pea before eating. This will be the last of the peas for the season. They are very sensitive to the heat and have a short harvest window - enjoy!

Salad Mix: Hot Summer Mix

This will be the last salad mix for a couple of weeks as we try to avoid planting salad mix during the hottest parts of the summer.

Summer Squash/Zucchini: Zephyr, Raven, Elite, Multipik, or Success

WEEK 5: CHANGING LANDSCAPE

We were reminded this week of how quickly the landscape can be transformed with the passing of time and changing of hands. On Monday morning a couple stopped by who had seen an article about our farm in the Bemidji newspaper. They read about a 33-acre farm three miles south of Litchfield (our current farm) and realized that had to be the farm they lived on many years ago. The couple happened to be in the area this week so they decided to stop by and see if the farm in the article was indeed the farm they lived on from 1977 to 1995. The answer was yes! We had a very nice chat with the couple and they told us about what they used to farm, what the building site used to look like and how the landscape had changed since they moved away nearly 20 years ago. It is easy to think of the landscape as static as we see it every day and do not notice the minute changes that are going on constantly. Over time these minute changes add up and the land grows and evolves. On a farm, many of these big changes come in what we choose to raise and plant on our acreage. Seeing the farm through their eyes gave us a new appreciation for what we are growing and a renewed spirit for continuing to steward this piece of land.

One way that we are able to steward this land is through raising our crops organically. We are happy to be part of the organic movement and, though some of our costs increase through certification, we are very satisfied with our choice to raise organic crops. Our organic certification visit is coming up this week on Friday. Our organic inspector from MOSA (Midwest Organic Services Association) will meet with us to go over planting records, field maps, food handling practices, inputs, water quality, soil building practices, infrastructure, and more to ensure that we are following the organic standards appropriately. We spend a great deal of time keeping records on every detail that goes into our production to ensure that we are following these standards, stewarding our land well and growing healthy crops for you, our share members. Rather than being a hindrance, we feel that these practices only make us better farmers and we are glad for any opportunity that can increase the quality of our products and the health of our land.

We put this out on our Facebook page as well but we wanted to welcome to come to the farm to pick flowers if you are in the area or are out for a visit. We have some lovely zinnias, sunflowers, bachelor buttons, larkspur, celosia and sunflowers blooming so come on out and pick if you would like a splash of color in your home. We also have a small herb garden on the left side of the driveway as you drive into the farm where you can pick your own thyme, parsley, sage, savory, mint, and nasturtiums.

Also, let us know if you would be interested in helping out with garlic, onion or winter squash harvests as those times arrive at the farm. As Joan's belly grows we would not mind an extra hand to bring in those crops! Enjoy the sunny week and stay cool out there!

-Best wishes from your farmers,
Joan, Nick, Abe and the littlest Drifter-to-be

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 1.0"

High Temp: 90°F

Low Temp: 60°F

Sightings: Baby sparrow that looked like it had fallen from its nest. The mama sparrow was very protective of the little one that was hopping and trying to find its way back home.

Upcoming Events on the Farm or around the area

- **Riversong Music Festival:** Hutchinson, July 19-20. A great lineup of live music, including the Okee Dokee Brothers!
- **Share Member Farm Tour:** Saturday morning, August 10. Help dig potatoes, meet other share members, and enjoy a tour of the farm.
- **Share Member Potluck:** Sunday afternoon, September 22. More details as the event comes closer.

How to Store Your Produce

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. A few exceptions . . .

Basil will brown in the fridge as it does not like being cold. Keep in a cool spot out of the sun on your counter with the bag vented but use soon for the best flavor!

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

- Kohlrabi Fries
- Summer Squash Chocolate Chip Cookies

Recipes from past Newsletters:

- Basic Quiche: Week 4, 2011
- Roasted Garlic Lemon Broccoli: Week 4, 2012 (Could also use cauliflower with this recipe)
- Kathie's Summer Squash/Zucchini Muffins: Week 11, 2012
- Sauteed Sugar Snap Peas: Week 4, 2013
- Marinade for Grilled Veggies: Week 4, 2013
- Sweet and Sour Red Cabbage (can use with any variety of cabbage): Week 7, 2011

Basic Pesto

Adapted from "The Enchanted Broccoli Forest"

The ratios of ingredients for pesto are not set in stone. You can add a little more or less of the herbs, olive oil, seasonings, etc.

3 c. basil leaves (you can use small stems along with leaves)

3 cloves garlic

1/3 c. pine nuts, walnuts, almonds, or sunflower seeds

1/3 c. olive oil

1/3 c. grated parmesan cheese (you can leave the cheese out if you cannot have dairy)

Salt and pepper to taste

Now, you have a basic recipe with measurements that you can stick to if you choose but feel free to stray according to your tastes!

Recipes

Baked Summer Squash

Adapted from thekitchn.com

We had this on Saturday and it was delicious. Very fast and easy! We ate this along with pasta served with pesto and a big side salad topped with cucumbers and olives.

1 1/2 pounds summer squash (any variety)

2-4 T. olive oil

1/3 c. bread crumbs

1/3 c. grated Parmesan cheese (or other variety you enjoy, optional)

1/4 t. salt

1/4 t. pepper

2-4 T. chopped fresh herbs such as basil, thyme, parsley or oregano

Preheat oven to 350° F. Remove stem ends and slice squash cross-wise in 1/4"-thick rounds. Toss with olive oil and fresh herbs. In a small bowl, combine bread crumbs, Parmesan, salt and pepper. Arrange half the squash rounds in bottom of a baking dish. Sprinkle with half the bread crumb mixture. Arrange remaining squash on top and sprinkle remaining bread crumb mixture.

Cover baking dish with foil and bake in oven for 30-40 minutes. Remove foil and bake another five minutes. Top with more chopped herbs and serve.

Chicken, Broccoli and Snap Pea Stir Fry

We had this dish on Sunday evening and it was absolutely delicious. Add any other veggies that you wish such as thinly sliced carrots, cauliflower florets, summer squash, or even finely shredded cabbage. Add cabbage near the end of cooking so that it still has a bit of a crunch.

1 T. olive oil

1 boneless, skinless chicken breast half, thinly sliced crosswise into bite-size pieces

1/2 of an onion, thinly sliced

1-2 garlic cloves, thinly sliced (you can substitute scapes if you still have some in your fridge)

1 c. snap peas, stem ends trimmed, sliced half inch thick

1/2 - 1 head broccoli, florets separated into small pieces and stems chopped (peeled if tough)

1 T. lemon or lime juice

2 T. rice wine vinegar

2-3 T. soy sauce (or to taste)

1-2 T. sesame oil (can substitute olive oil)

1 t. powdered ginger

2-3 T. corn starch or tapioca starch

1/4 c. water

Cooked rice

1/4 c. basil leaves, torn (optional)

Heat a skillet over medium heat. Add olive oil to coat skillet. Cook chicken until cooked through and no longer pink. Set aside on a plate while cooking the other veggies. Saute onions and garlic for 3-4 minutes. Add broccoli to the skillet and cook 4 minutes more (at this point you could also add other longer-cooking veggies like thinly sliced carrot or cauliflower). Add peas and cook 2 minutes more. Add cooked chicken to the skillet. Combine lemon/lime juice, rice wine vinegar, soy sauce, sesame oil, powdered ginger, corn starch, and water. Whisk well and add to the skillet, stirring constantly and coating all of the veggies and meat as the sauce thickens. Add additional water if you like a saucier stir fry. Serve over rice and garnish with fresh basil.

Red Cabbage Salad with Warm Balsamic Dressing

Adapted from Bon Appetit magazine, March 2011

1/4 c. dried cranberries (or currants)

3 T. balsamic vinegar

6 c. thinly sliced green or red cabbage (from about 1/2 medium head)

1 T. extra-virgin olive oil, plus a splash

1 T. finely chopped shallot or onion

1/2 c. whole almonds, toasted, coarsely chopped

1/4 c. chopped fresh Italian parsley or other fresh herbs

Place currants in small bowl. Heat vinegar in saucepan over medium heat until hot (do not boil). Pour vinegar over currants; let soak until currants soften, 15 to 20 minutes. Place cabbage in large bowl; set aside. Heat a splash of olive oil in a small nonstick skillet over medium- high heat. Add shallot and sauté 1 minute. Remove from heat. Stir in currant-vinegar mixture and olive oil. Season with salt and freshly ground black pepper. Pour the mixture over cabbage and toss to coat. Season to taste with salt and pepper. Let stand 5 to 10 minutes. Add almonds and parsley or other fresh herbs; toss to blend.