



PRAIRIE SUN FARM

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Eating Good Food

We picked our first ear of edible corn tonight. Eager to try it we cooked it the fastest way we could, in the microwave. We don't recommend cooking sweet corn on the ear in the microwave but we couldn't wait. We filled the steamer tray with water and popped it in. After it was done we analyzed it like we were picking out paint colors for a new house. Is it firm? Are the kernels dented? Are they the right size? We want it to be just right. Last year was a bad year for sweet corn. It got planted late in bad soil, became weedy and unmanageable then never produced. As you may have noticed we are very particular about our vegetables. We want you to have the best experience possible. We want you to eat good food. It's much easier this time of year. There are so many great flavors to choose from. The tomatoes are juicy. The melons are sweet. The cucumbers have crunch. The potatoes are creamy. And the peppers taste great! We have been grilling a lot lately and with some herbs, olive oil and a little salt, we cook many vegetables right beside the chicken, beef, fish or pork we try to get locally. We love sharing good food with friends and family too. This past week we had bratwurst with potatoes and onions. We made fresh salsa. We cooked homemade pizzas. Shrimp with fennel and red onion was our Sunday night seafood. We also had a grilled turkey breast with summer squash. Who says you have to wait for Thanksgiving for these treats? We'll continue to pick great vegetables for you to enjoy. Now plan a meal, mix some compatible flavors together and enjoy with friends and family. Summer is short. Life is short. Eat good food!

WEEK 10 BOX CONTENTS

Sweet Corn: Our fingers are crossed. Hopefully we have enough for the boxes when we go to pick

Cantaloupe: Sweet and juicy. Great for breakfast, dessert or snacking.

Cucumbers: Use sliced cucumber in your sandwich or on top of your snack cracker for extra crunch.

Yukon Gold Potatoes: Beautiful golden color with a rich buttery taste. Steam, roast or boil.

Cherry Tomatoes: Mix of mostly sungold with some red and purple cherry tomatoes.

Tomatoes: Mix of heirloom and round red. Some are ready to eat now and others will continue to ripen on your counter. Extra tomatoes can be blanched and frozen for winter use. Great in chili and pasta sauce.

Ailsa Craig Onions: Very sweet and mild. Good raw, grilled or sautéed. Keep in the refrigerator and enjoy soon.

Green Beans: Steam or simmer fresh beans in boiling water for 5-10 minutes. Watch for beans to brighten in color and become tender, but not soft or mushy.

Sweet Peppers: Bell peppers or red 'Carmen' peppers. Carmen peppers look like big chili peppers but are sweet and delicious.

Broccoli or Cauliflower: Fresh broccoli and cauliflower can be eaten raw, chopped into green salads or paired with a dip. Both can be blanched and frozen for later use.

Carrots: Slice, grate, chop or juice. Eat raw or cooked.

Farm News

We're not sure if there's enough corn in the field for boxes this week so it's going to be a surprise. If not this week, we should have sweet corn in the following weeks. We're still not sure how much of it survived the recent storm. The melons are coming in like crazy. We picked another 250 pounds of cantaloupe for this week. Onions are still getting picked. We continue to clean garlic for the boxes. We found out at Garlicfest this past weekend that many fields took a big hit this year and yields are way down. But many other crops are doing great. This is the way it goes. Some crops do really well some years and others do not. The cauliflower did not fare well with the heat but the beans did very well. The peppers really like the heat too. The tomatoes are doing much better than last year also. We started preparing the garden for next year already. We'll plant a fall cover crop so the field will be ready. With the rye and vetch cover crop this spring we have lots of organic matter in these areas. It's a good year, hopefully for corn too!

From the Kitchen

Gazpacho

The Barefoot Contessa Cookbook

We had this recipe in a newsletter a couple years ago but thought it was worth repeating.

Ingredients:

1 cucumber, halved, but not peeled
1 Sweet pepper, cored and seeded
4 tomatoes
1 Sweet onion
3 garlic cloves, minced
23 ounces tomato juice (3 cups)
1/4 cup white or red wine vinegar
1/4 cup good olive oil
1/2 tablespoon kosher salt
1 teaspoons freshly ground black pepper

Directions:

Roughly chop the cucumbers, peppers, tomatoes, and onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not over process!

After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.