



PRAIRIE SUN FARM

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The Heavy Row

750 pounds, we picked 750 pounds of cantaloupe from a one hundred foot row. That's 7.5 pounds per linear foot or almost 0.5 pounds per square foot. That's a heavy row. The vines are spent. They produced a wonderful variety of Athena cantaloupe, a hybrid that we've been growing for 3 years. It's sweet and wonderful. It's actually a muskmelon though. Cantaloupe refers to a melon that is common in Europe and is ribbed but has a smooth, lumpy skin. The North American cantaloupe or muskmelon has a webbed skin. According to Wikipedia it is the most popular variety of melon in the US. With its rough skin muskmelon is very susceptible to bacteria. They have been linked to salmonella outbreaks recently and in previous years. All melons should be washed thoroughly before cutting into them. Cut melons should be eaten within a few days also to avoid bacteria growth. We want you to enjoy this fruit at its freshest. We only pick them when they're ripe so they have as much flavor as possible. You will probably notice this if you've ever bought cantaloupe from a store that's been there a while. Those were probably picked way before they were ripe and left to mature on their trip to the store. There are many great ways to eat this melon. Some people like a little salt on them. Ice cream goes really good with muskmelon. We even made a cantaloupe sorbet one year. Yum! They ripen quickly though so eat them soon. We picked all 750 pounds in a couple weeks because they were ripening so fast. Unfortunately it's a very short season for this great summer fruit. However you enjoy it we hope you appreciate the sweetness of this summer treat. We'll have a few of them for the boxes this year. Enjoy!

WEEK 11 BOX CONTENTS

Sweet Corn: Fresh organic sweet corn - what a treat! No sprays and no GMO!!

Sage: A few sprigs for the corn bread recipe but it is also good fried in butter, dried for tea or added to soups and marinades.

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

Watermelon: It's melon week! Normally we would have one or the other but the crops don't always follow the plan.

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.

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

Garlic: Do not refrigerate unless storing peeled cloves for a short time.

Green Beans: If you can't eat them all, freeze some. Blanch for 2-3 minutes in boiling water and put in airtight container before freezing.

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

Broccoli: Broccoli freezes well. Cut into florets and slice stems. Blanch for 3-4 minutes, rinse in cold water, let dry, and place in an airtight container before putting in the freezer.

Farm News

Besides picking lots of cantaloupe we've been picking watermelons, sweet corn and lots of tomatoes. All the onions are picked now. We even started picking a few of the winter squash. These squash and the onions will be cured in the greenhouse so they keep. It is a little early for them but we're happy to search for them in the sea of vines we have in the field. They will keep a long time with curing. It's amazing how much green there still is in the field. The tomato plants look wonderful for this time of year. They are healthy and should produce well into fall if we don't get an early frost. We planted a fall cover crop of oats, peas and tillage radish in the garden area for next year. We had a little rain too but not much. We've had to water to keep all that green in the garden. Fall plants are emerging including lettuce and spinach. With the cooler weather the broccoli is really good this week. And we're happy to be providing more sweet corn this week. It's good. It's all good. We hope you like your box this week!

From the Kitchen

Cornbread with Sage Star Tribune 8/16/2012

Ingredients:

1/3 cup oil, such as peanut, corn, or grapeseed, divided
1 ear fresh corn
1 Tbsp. finely chopped fresh sage
1 1/2 cup stone-ground cornmeal
3 Tbsp. flour
2 tsp. baking powder (make sure it hasn't expired)
1/2 tsp. baking soda
1/2 tsp. salt
1 cup buttermilk at room temperature
2 free range eggs
2 to 3 tbsp. boiling water

Directions:

- Preheat oven to 425 degrees. Liberally oil a 9 or 10 inch cast-iron skillet using at least 1 tablespoon oil; set pan aside
- Remove the husk and silk from the corn. Rinse the corn and pat dry. Using a sharp knife, cut the kernels from the corn and set aside in a bowl.
- Combine the remaining oil and sage in a small heavy skillet or saucepan. Place the pan on low heat and heat the oil, stirring, for about 5 minutes. Immediately remove the pan from the heat and set aside.
- Place the oiled baking skillet on the lower shelf of the oven to heat while missing the cornmeal batter.
- In a large bowl, sift together cornmeal, flour baking powder, baking soda, and salt. Stir in the reserved corn kernels and the sage oil.
- Add the buttermilk and eggs and beat the batter briskly for about 20 seconds. Stir in 2 Tbsp boiling water and mix quickly, about 10 seconds, add a little more water if needed.
- Remove the skillet from the oven and pour in the cornmeal batter.
- Return the skillet to the oven and bake for 20 to 25 minutes.