



PRAIRIE SUN FARM

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Box Choice

What's in the box this week? Sometimes we don't even know until a day or two before the boxes are going to be packed. Is there going to be enough sweet corn to pick? Is the cilantro going to bolt (set flowers and change the taste for the worse) because of the heat? Will the melons be ready? Having a small farm with so many variables and limited inputs makes picking the box contents a challenge some weeks. This year we've had lots to choose from (which means you haven't had much kale or eggplant because they aren't everyone's favorites). It is fun though choosing which vegetables are best for the box each week. We can put the freshest, best tasting varieties in the box and can be a little choosy. It's OK if some things go to the compost pile because they didn't get picked at the right time or didn't do very well. Enough crops are growing in the field at any one time to make sure we always have good selections for the boxes. Cucumbers and summer squash are usually good producers but we don't want to overwhelm people with any one crop either. We try to keep the boxes full of variety each week. We know this can be a challenge to cook with sometimes especially when you had your heart set on cauliflower soup and no cauliflower came this week. But we hope you like the varieties that do come in the box each week and look forward to the challenge of what to do with them. You made a good choice. The box you get each week is filled with healthy, sustainably grown produce picked at the peak of perfection. If you get a melon that wasn't ready for picking let us know. We try to make sure the melons are ready before picking but sometimes you don't know for sure until you cut into it. Enjoy the box this week!

WEEK 12 BOX CONTENTS

Sweet Corn: This is our third/last planting and is a smaller variety called Temptation. No sprays and no GMO!!

Cilantro: Annual herb that can be added to many Mexican and Chinese dishes. Make cilantro lime rice to go with fajitas.

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

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.

White Onions: More onions for your salsa or whatever. These have been cured and can be stored in a cool dry place.

Green Beans: Last of the season. Enjoy!

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

Hot Peppers: Jalapenos and Anaheims are great for salsa now or can be frozen whole for use in chili or other winter dishes.

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.

Green Top Carrots: Scrub carrots with a vegetable brush under running water to remove dirt. No need peel. Remove greens and refrigerate carrots in a plastic bag. Yum!

Farm News

We had another gully washer last week when we got 5 inches of rain on Thursday night. The storm just hung over us all night long. We were planning on actually getting some work done that night but the lightning and thunder kept us indoors. The wind blew down some large sunflowers we had growing (mostly for the birds) and also some more of our sweet corn. Luckily we didn't get any hail. The gullies took out a few plants but most of the garden recovered. The buckwheat did get flattened but it's ready to be mowed anyhow. We also bought a plow to get the other non-garden parts of the field that haven't been planted yet ready for a fall cover crop. Hopefully it will be dry enough this week. We've been busy picking squash and pumpkins. They will cure for a while before they go in the boxes. The rest of the potatoes are also getting picked. The fall planting of lettuce and spinach is coming along. Tomatoes and beans are still producing. It's a good week for salsa with the peppers and onions. We love mixing all these fresh vegetables in a bowl and scooping them up with tortilla chips. Yum! Add a little cayenne pepper or hot sauce too for zing!

From the Kitchen

Fresh Salsa

Ingredients:

1 onion chopped
4 cups ripe tomatoes chopped
1 Jalapeno pepper chopped
1 Anaheim pepper chopped
2 - 3 tablespoons minced cilantro
Juice from 1/2 lime
1/4 teaspoon ground cumin
Salt to taste

Directions:

Combine ingredients and refrigerate for 2 hours to blend flavors.