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PRAIRIE SUN FARM

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A Little Farmer in Everyone

It's interesting having the farm on Highway 25, a busy state highway especially on the weekends. Many people who drive by look to see what's going. Some even stop because they're curious (or they really like the looks of the pole barn). As our garden gets closer to the highway because of our rotation schedule we're definitely more in the spotlight. People honk, sometimes we recognize them, motorcyclists wave and we wave back. It's a good feeling being noticed for farming. People can empathize with farming, even though they don't know what the heck we're growing. There's a lot of support for farmers in this area, even as it becomes more and more urban. Tractors still commonly travel the roads including highway 25. It does cause traffic problems sometimes especially when people become impatient but most people who live in the area understand that the farmers need to get to their fields. The farming business supports the local economy, employs many people, creates a sense of community and gives something for people to talk about as they look out at the fields every day. Many people who have full time jobs and live in this area also having farming jobs on the side. You can have the best of both worlds. People also really enjoy living in the country next to the fields. We know we've sure enjoyed our last year living on the farm. As we cross Highway 25 each day going to work we smile at those going by and wonder if they have any idea what we're doing here or if we're just crazy farmers wandering around our fields. I like to think people empathize with us and working outside in all the weather conditions. Because there really is a little farmer in all of us some just express it more than others.

WEEK 14 BOX CONTENTS

Potatoes: Russian fingerlings. If you get any with green spots just peel or cut off before cooking. The potato is fine to eat but the green part is not. Store away from light. No need to peel.

Thyme: Strip thyme leaves from stem before using. Use to enhance the flavor of vegetables, meat, poultry and fish.

Beets: Sweet red, gold or white beets that can be roasted for about 45 minutes on the grill or oven.

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

Tomatoes: Mix of heirloom and round red. Lots of tomatoes this week! This would be a good week to freeze a few for a winter treat.

Red Onions: Cured onions that will store for several months in a cool, dry ventilated place.

Kohlrabi: This is the big Kossak variety. It's supposed to be this big. Very good storage variety. Grate to make a slaw.

Sweet Peppers: Bell peppers or red 'Carmen' peppers. Peppers freeze well. They soften when thawed so plan to use them in cooked dishes.

Lettuce Salad Mix: Blend of red and green lettuce varieties. Toss green salad with dressing at the last minute to avoid sogginess.

Garlic: Sauté just until translucent, it will burn quickly producing a bitter flavor. Garlic stores well in a cool, dry and well ventilated place for several months.

Farm News

Still picking winter squash, we put it in the greenhouse to cure for a few days before it gets stored in the shed. Lots of tomatoes still, we picked 50 pounds today. Romanesco are starting to show their heads. They're a unique cross between cauliflower and broccoli we started growing last year. We need to do some clean up on parts of the field to prevent weeds from going to seed and to start composting the plants that are done for the year. We planted spinach in the greenhouse which will grow all winter long. We planted rye and vetch in an area of the field for a cover crop. We're prepping part of the field for planting hay also. It's nice to be tilling and planting again but it sure takes a lot of time. The shorter days are definitely decreasing the growing time. It's really dry too. We're hoping we get a little rain this week after our new crops are planted. You can't talk about the farm without talking about the weather. So far it's been a good fall although we had a nasty outbreak of mosquitoes recently. Hopefully the cooler weather will mean they're short lived. In the meantime we'll enjoy the last of the warm weather.

From the Kitchen

Simple Sauteéd Kohlrabi

Ingredients:

1 large Kohlrabi bulb, grated
1 teaspoon salt
1/4 cup butter
1 medium onion, diced
1 clove garlic, minced
2 tablespoons fresh herbs

Directions:

Mix kohlrabi with salt and let stand in a strainer for 30 minutes to drain.

Melt the butter over medium heat. Add the onion, sauté, then add garlic.

Stir in kohlrabi, cover and cook on low for 10 minutes.

Remove lid, cook on medium heat for 2 minutes. Remove from heat and stir in herbs.