



PRAIRIE SUN FARM

JULIE AND DAN GEIGER WWW.PRAIRIESUNFARM.COM

10330 Highway 25, PO Box 982, Watertown, MN 55388

Ja_geiger@msn.com 952-955-3570

Week One!

It's here! We finally made it to week one! This means a box of fresh veggies for all our members who have been patiently waiting (except for those half share members whose first box is next week). For those of you new to the CSA (Community Supported Agriculture) concept, we'd like to fill you in on some basics. We send out a newsletter by email every Tuesday but one is always included with the box. Pick up is Wednesday or Thursday depending on your location. Please pick up your box or call us if you can't make it. We can donate boxes to our local food shelf instead of going to waste. When you get your box, check out the contents (listed in the column to the right) and pay attention to storage tips. We will try to provide some information on each item. Some items last longer than others so plan to eat tender greens first unless you can't help yourself. Radishes last a long time but you may want to eat them right away. Wash all your vegetables before eating. We wash everything before going in the box but it's always good to clean veggies before storing them so they're ready to eat. A salad spinner is a great investment. We will include a recipe with each newsletter. One of the most rewarding aspects of a CSA is the exposure to new and different foods and cooking with them! We want you to enjoy the food so if you have a question please ask. If you don't eat something don't feel bad throwing it away. We suggest starting a compost pile so it doesn't end up in the garbage. Please bring back the boxes each week also. They are nice boxes and very reusable. Enjoy the farm news each week, check out pictures and like us on Facebook and enjoy the season. It's finally here!

WEEK 1 BOX CONTENTS

Garlic Scapes: The curly flower tops of garlic. Discard the pointy flower top before using. These will last a few weeks bagged in the frig.

Green Onions: The whole plant is edible. Chop them up and add to about anything cooked or raw. Store in the hydrator drawer of refrigerator.

Spring Salad Mix: A blend of cut lettuce, mustard greens, arugula, tatsoi, mizuna, red Russian kale. Store in a plastic bag in the hydrator drawer of the refrigerator.

Head Leaf Lettuce: Red or green. Perfect for salads or sandwiches.

Potted Basil: Grow your own! Likes full sun. Plant in your garden or put it in a bigger pot on your deck for fresh basil anytime. Or if you don't want to plant it, use the basil and discard the plant.

Radishes: Nice crisp addition to potato salad. Remove greens before storing in the refrigerator

Cucumbers: These early cucumbers are from our greenhouse. Only 1 or 2 this week, but many more to come. No need to peel. These are not preserved with wax so eat them soon.

Arugula: A spicy peppery green that we like to serve under a grilled steak. The insects like it too (small holes in the leaves) but this year they left enough for us to eat too.

Spinach: Super good for you raw or cooked! Add to sandwiches, eggs, lasagna, or make a salad.

Farm News

The gardens are weeded, the plants look great and the bugs haven't done too much damage. You may see some holes in the spinach and arugula leaves but overall they look good and taste great. We don't use any non-organic sprays or fertilizers so vegetables don't always look grocery store perfect but they are as fresh and healthy as possible. They don't have wax on them and haven't been gassed like some grocery store vegetables either. You're always welcome to come see the gardens for yourself too if you want to know where your food comes from. We had ¼ inch of rain on Sunday but the fields are very accessible. It's been easy to work in the fields this spring especially compared to last year. We have 3 garden areas for the different crops, located in different locations than last year. Some of the garden areas that deer and rabbits like are fenced in and electrified to keep the critters out. The greenhouse tomatoes and cucumbers are doing great. We have green tomatoes on most plants and cucumbers get picked every day. We do have mosquitoes though. The cool weather has made picking a little easier. That won't last long.

From the Kitchen

What to do with garlic scapes

Scape Pesto: Scape pesto can be very pungent, but it mellows substantially after a few months in the freezer. Top your pizza or pasta with it or spread it on a sandwich.

Grilled Scapes: Toss with a little olive oil, salt and pepper. Put them on the grill over direct heat for a couple of minutes. Flip them part way through.

Scape Butter: Chop and mix with butter and maybe a little lemon and thyme too. Add a slice of this goodness to your cooked veggies or spread on bread.

Scapes seasoning: Slice scapes and use them like you would garlic. Scapes lose a lot of their bite when cooked. Use three or four times more than you would garlic.

Garlic Scap Pesto Ingredients

¼ cup pine nuts

¾ cup coarsely chopped garlic scapes

Juice and zest of ½ lemon

½ teaspoon salt

Fresh ground black pepper

½ cup olive oil

¼ cup grated parmigiano reggiano cheese

Directions

In a small pan, set over very low heat, lightly toast the pine nuts. About 2-3 minutes. Remove and let cool for a few minutes.

Combine scapes, pine nuts, lemon, salt and pepper in the bowl of a food processor. Pulse about 20 times until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and add the cheese. If you plan to freeze the pesto, wait to add the cheese until after you have defrosted it.