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PRAIRIE SUN FARM

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Where's the Sun?

Every forecast we saw for Father's Day had sun in it. The news stations were reporting that Sunday was going to be the best day of the weekend and it was going to be hot and sunny. We spend a lot of time in the fields on the weekend and hope we have good weather for it. Father's Day started out beautiful. The mosquitoes weren't biting. It was sunny, cool and just dry enough to get some weeding done. Then the dark cloud came upon us and before we knew it the rain was coming down, so much for the sunny Sunday. Guess it's a good time to clean the house, write a newsletter and think about all the great food starting to come out of the garden. We hope you enjoyed the greens last week and got a chance to cook with the onions and scapes. They're good with any garlic/onion steak, eggs or pasta dish, especially on Father's Day. The salad mix was fresh and tender too. If you've never been in a CSA before you'll soon learn that these are the tasty treats of spring after a long winter without them. It's been a good spring and transition into summer so far. We're excited about bringing you seasonal eating that hopefully is a little more on track than the weather forecast. Luckily we're caught up on most of our chores right now and we can afford a rain day to replenish the soil. The garden will soon start producing in abundance however and the boxes will get more variety as the season progresses. If you need suggestions for cooking with some of the produce, use the internet as a resource or ask us for some cook book recommendations. They are some great recipes for CSA members out there. Get a little creative. And enjoy eating with the seasons no matter what the weather brings.

WEEK 2 BOX CONTENTS

Kohlrabi: Peel and slice. Enjoy as a nice crisp snack with dip or add to a salad. Remove the edible leaves before storing in the refrigerator.

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. Store in the hydrator drawer of refrigerator.

Spring Salad Mix: A blend of cut lettuce, mustard greens, arugula, tatsoi, mizuna, red Russian kale.

Romaine Lettuce: Tall sturdy head of lettuce. The dark green leaves are high in antioxidants. Perfect for a Caesar salad.

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

Cucumbers: These early cucumbers are from our greenhouse. 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.

Hakurei Turnips: This fancy salad turnip variety is very different from hard pungent cooking turnips. These are meant to be eaten fresh. If you want to cook them, a quick sauté is all they need. Remove greens before storing in the refrigerator.

Sugar Snap Peas: Just a few. The vines aren't producing much. Hopefully more next week.

Farm News

We're good on rain now. The soil is moist and the plants are happy. So are the weeds. It's a daily battle fighting them back. But the garden looks great. We finished planting sweet corn, staged so hopefully we have it for a few weeks. Many plants get staged for multiple weeks. We can't have all the broccoli coming at once! We also put fencing up around the corn and beans. This will keep the deer, raccoons, bunnies and skunks out of this area. The tomatoes, summer squash and potatoes all have blossoms. The potato bugs are still present but we haven't had any major infestations this week. It's been nice not having to water lately. We also have been avoiding the storms and the damage that comes with them. We've had a few casualties because of the heavy rains and occasional animal walking through but we're doing all right. It's all good news from the farm. The prairie flowers are getting ready for their spectacular summer display. We're under way with the operations for the season and into a regular routine of picking, packing and delivering. Fresh from the farm to you, that's what we do!

From the Kitchen

Sweet Cucumber and Radish Salad *Adopted from Gourmet Magazine*

Ingredients

1 or 2 cucumbers (1 pound)
1 bunch radishes
1/4 cup cider vinegar
1 1/2 tablespoons sugar
1 tablespoon vegetable oil

Directions

Halve cucumber lengthwise and slice crosswise 1/4 inch thick. Cut each radish lengthwise into 8 wedges.

Bring vinegar, sugar, 1/4 teaspoon salt, and 1/8 teaspoon pepper to a boil in a small saucepan, stirring until sugar has dissolved, then stir in oil.

Pour hot dressing over cucumbers and radishes in a bowl and stir, then let stand 10 minutes. Stir and season with salt before serving.

Can be made ahead and served chilled.