



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

The Season of Produce

It's hard not to be excited about the garden this time of year. Everything looks fantastic. The plants grow by the inch (or so it seems) every day. For sure the cucumbers grow inches every day. We pulled a one-footer out of the greenhouse last week that got missed. The Sungold tomatoes (our farm candy) are starting to turn in the greenhouse. It won't be long and those will be in the box. The outside plants are maturing rapidly too. The garlic will be picked early this year. The leaves are already starting to turn. The potato plants are big, bushy and flowering. If we can stay on top of the bugs they'll provide a great harvest this year. The vine plants are starting to sprawl and they too are flowering. Squash blossoms are always so beautiful. They provide a pollen party for the bees too. They come out of the blossoms so heavy with pollen they stagger around like they're drunk. Yes the garden is starting to produce in more ways than one. The sweet corn grows inches every day too. It likes the warm weather and there's enough moisture in the soil so it grows like grass (which is what corn actually is.) There are so many rows of produce with potential it looks like we're going to have a bountiful year. A lot can change with the weather though so we'll keep our fingers crossed and also hope we don't have any major infestations. Just a reminder that next week is the 4th of July (can you believe it?) and the Dolce Vita Wednesday pickup will be on Tuesday instead. Don't forget. We really hate it when boxes don't get picked up. Let us know if you can't make it. We will always donate boxes to the local food shelf if you let us know in advance. Have a great week and enjoy summer's production.

WEEK 3 BOX CONTENTS

Kohlrabi: Peel and slice. Season with olive oil, salt and pepper and put on a medium hot grill. Cook until tender. Serve with grilled spring onions and a burger.

Spring Onions: Trim a couple inches off the top, brush with olive oil and put on a medium hot grill for about 15 minutes. Turn once.

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

Red Leaf Lettuce: Cool and crisp!

Radishes: Have you tried making radish butter? Remove greens before storing in the refrigerator

Cucumbers: Used in many juice recipes. See below for an example.

Kale: Remove stems from mature kale leaves by folding the leaf in half lengthwise and stripping or slicing away thick stems.

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: A seasonal treat! Eat the entire pod raw or cooked. Refrigerate in a plastic bag.

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

Baby 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 mentioned a lot of the great farm news on page 1 but there's more. We continue succession plantings for continued production throughout the season. More green beans, broccoli, cabbage, and kohlrabi got planted. Romanesco also got planted which is one of our new favorites. It's a cross between broccoli and cauliflower and did very well last year. We spent a lot of time weeding this past week. We know from experience that if we let the weeds go we have a mess. We got a new wheel hoe this year that has made weeding a lot easier. How did we get along without it? We also set up more drip tape for irrigation. It's going to be a hot, dry week and we'll be watering a lot. We use both drip tape irrigation and overhead sprinklers depending on the crop. With one acre plus planted in gardens this year it's a lot to keep weeded and watered. So far we've been able to stay on top of it. Now we just need to find time to plant that buckwheat cover crop.

From the Kitchen

Simple Cooked Greens *Farmer John's cookbook*

Ingredients

3 Tablespoons butter or olive oil
1 teaspoon minced garlic or garlic scapes
1 bunch greens (kale, chard, turnip greens, etc.) rinsed, torn or chopped
Salt and pepper

Directions

Heat butter or olive oil in a large skillet over medium heat. Add the garlic and sauté for 1 minute.

Add the greens immediately after rinsing them with water. Cover and cook for 1 minute. Uncover the skillet, add salt to taste and give the greens a good flip and stir. Cover the skillet again and continue cooking the greens until they are bright green and tender.

Depending on their maturity this could be up to 20 minutes. Add water if the rinse water boils away. Season with pepper and olive oil to taste.

Member tip: Keep cooked greens in the frig and add to whatever you are cooking like rice, pasta, soup, pizza, whatever.

Mean Green Juice **By Joe Crossand Phil Staples**

Ingredients

6 Kale Leaves
1 Cucumber
4 Celery Stalks
2 Green apples
½ Lemon - peel or slice off lemon rind
1 Piece of ginger peeled

Directions

Blend until smooth and enjoy.