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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

It's Easy Being Green

What does “Being Green” mean to you? Is it a grandiose idea like saving the planet? Or is it something simple like recycling? Being green means many different things to different people. To some it's a negative connotation. Some people just don't like tree huggers. To most of us it involves minimizing our impact on the earth and keeping it natural. That's a tall order for the human race when we have so much potential to alter our earth. Our technological achievements have given us great advances in the way we live but it has come at a price. We burn copious amounts of fossil fuels to drive us around, provide heating and cooling and produce items for every want and need. We emit so many gasses through these processes that it's altering our climate. What can we do to balance our needs and maintain our lifestyle while minimizing our impact? Well, eating local is one step. Not buying watermelons from Mexico, potatoes from Peru, and sweet corn from who knows where. Being a member of a CSA is a great opportunity to reduce your fossil fuel impact. Just think if everyone did it. We'd reduce a lot of food miles. Reducing, reusing and recycling are other important steps we need to incorporate into our every day lives. And we need to educate people why this is important. Senator Franken gave a great presentation a few weeks ago at the Arboretum about Green Jobs and the Green Economy. Google it if you're interested. We could all be a little greener and do it in such a way that it helps our economy, it improves our way of life and it helps to sustain the planet. Are you up to the challenge? Thanks for being part of the CSA and enjoying being a little green. We're all in this together.

**NOTE: PICKUP AT DOLCE VITA IS ON
TUESDAY THIS WEEK**

WEEK 4 BOX CONTENTS

Beets: They are sweet and delicious. Cut off edible leaves and stem before storing in a plastic bag in the refrigerator. Steam or bake in the oven for about 45 minutes until tender.

Zucchini and/or Yellow Summer Squash: Summer squash is mostly water, very low in calories and a great source of vitamins A and C, potassium and calcium.

Sweet Green Pepper: Green peppers will turn red, yellow or orange if left on the plant to ripen. We pick off a few peppers while green to thin the plants.

Fresh Garlic: Uncured garlic needs to be stored in the refrigerator. Takes a bit of work to get at the juicy cloves.

Broccoli: Fresh broccoli can be eaten raw, chopped into green salads or paired with a dip.

Purple Kohlrabi: Peel, slice and eat.

Green Leaf Lettuce: Cool and crisp!

Cucumbers: Cucumbers are 95 percent water. A light cooling vegetable helps us replenish the fluids and minerals lost in our perspiration, leaving us “cool as a cucumber”

Swiss Chard: A colorful beauty! Remove the ribs and sauté in olive oil and chopped garlic for a couple of minutes before adding the greens. Cook until tender.

Multi Colored Baby Carrots: Slice, grate, chop or juice. Eat raw or cooked.

Spearmint: Keep mint sprigs in a glass of water on your counter. Stir crushed leaves into water, fruit beverages, teas or a cocktail for a refreshing twist.

Farm News

Speaking of being green, we've got greens in the field like you wouldn't believe. The box includes a green pepper, spearmint, cucumbers, broccoli, green lettuce and more but there're rows upon rows of green in the field. The plants are looking very healthy and are really producing. We water every day and with this heat and long days they have really taken off. We've got lots of green weeds coming up too but that's a constant battle we're willing to fight for the vegetables. The prairie is a sea of green too with a few wildflowers mixed in. The big bluestem grasses are starting to form seed heads (or "flower" as gardeners call it). Luckily the yards haven't started to turn brown yet but if we don't get some rain soon this heat will start taking a toll on the lawns. We'll keep the water flowing on the garden until then, including in the greenhouse. The 100+ degree temperatures in there today had the plants sweating. OK, maybe that's stretching it but I think the tomatoes and cucumbers grew a few more inches. They are reaching for the ceiling and we'll need a ladder soon to start reaching the upper vines. It's quite a sight to see.

From the Kitchen

Fettuccine with Swiss Chard, Walnuts and Lemon

by Chef Michael Schlow

Ingredients

8 ounces homemade or fresh fettuccine
3 ounces extra virgin olive oil
1 garlic clove, sliced
3 cups Swiss chard, washed
4 tablespoons halved walnuts
4 oz clear vegetable or chicken stock
pinch of fresh chopped rosemary
1 tablespoon butter
Juice of half a lemon
1/2 cup grated parmesan cheese
Kosher salt, pepper, and crushed red pepper to taste

Directions

Bring a large pot of lightly salted water to a boil.
Over high heat, place the oil and garlic in a large sauté pan and gently cook until the garlic turns golden brown.
Add 3 pinches of salt, 2 pinches of black pepper, and 2 pinches of crushed red pepper to the oil.
Add the rosemary and Swiss chard. Sauté for 1 to 2 minutes.
Drop the pasta into the boiling water and cook until it is tender but still has a bit of bite to it.
While the pasta is cooking, add the stock to the Swiss chard and reduce for 1 to 2 minutes.
Add the walnuts and cook for 30 seconds.
Add the lemon juice and butter. Taste for seasoning.
Strain the pasta from the water and add it to the Swiss chard. Toss it all together until most of the liquid is absorbed by the pasta.
Add the cheese.
The pasta should be slightly creamy, and no extra sauce should be apparent. Divide into two bowls and serve.