



PRAIRIE SUN FARM

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Meal Training

Last night was the first session of our dog obedience class. Being new pet owners we are clueless about properly training a dog for correct behavior. We will have as much to learn about Izzy becoming a good dog as she will. At our first class we focused on the basics using a treat as a simple reward. Our teacher said it will take 50-100 repetitions of a basic behavior with reward to get Izzy to understand the desired response. We've got a lot of homework to do before our next class. It sounds so simple but the act of changing a behavior, even a dog behavior, seems almost impossible at this point. With the proper effort though the payback will be worth it. It's not unlike human behavior and preparing meals. We want what's most satisfying with the least amount of work and we don't think about the consequences of our bad behavior. It's easy to go for a bag of chips or processed food for a snack. It takes trained behavior to instead stock seasonal fruit in the refrigerator or cut up some vegetables for a snack. This is our fifth year with the garden and vegetables a plenty this time of year but it still takes thought and effort to create a healthy snack for ourselves. It has gotten better however when it comes to meal preparation. We don't think twice about using the vegetables available to us in some way with every meal. Having a tomato as a side dish with lunch, cutting up some cucumber, even having zucchini bread for breakfast, we know this type of behavior will have benefits for years to come. When we cook good meals with healthy side dishes it makes us feel good and that is a great reward. But it takes repetition and patience. It will be oh so worth it in the long run. Time to do your homework!

WEEK 9 BOX CONTENTS

Potatoes: Fresh picked Dark Red Norlands. We will have these for 2 weeks and then the Yukon golds for 2 weeks. Russets and fingerlings the following weeks. Usually about 2 pounds per week.

Tomatoes: Cherry tomatoes are a mix of gold, yellow, red and purple varieties. Slicers are a mix of heirloom and hybrid varieties. Some are ripe and ready to eat and others can sit on your counter a few days.

Carrots: Some of the nicest field carrots we have grown in our heavy soil.

Salad Mix: Mix of green and red lettuce varieties.

Beans: Yellow wax beans are an excellent source of fiber, vitamin A, and iron. Also a good source of protein and calcium.

Summer Squash/Zucchini: Chop and add to your salad or sauté with tomatoes and onions for a side dish.

Sweet Peppers: Ivory, red, yellow or orange. The red peppers look like hot peppers but are really sweet Carmen's.

Hot Peppers: Anaheim's are medium hot and are great in chili, salsa, tacos, or corn bread.

Onions: Sweet Walla Walla or Ailsa Craig variety. These need to be stored in the frig.

Broccoli: More yummy broccoli! If you don't eat it all, blanch and freeze for a winter treat.

Eggplant: We grow 4 varieties of eggplant: Orient Express - dark long skinny, Fairy Tale - small light purple stripe, Beatrice - large light purple and Traviata - large dark purple.

Parsley: Store in water like you would cut flowers. Snip and add to any savory dish

Farm News

The weather has been fantastic. The mosquitoes have died down. It's not too hot or cold. We've gotten periodic rains. We were a bit scared last week though when the hail came out of nowhere and started pelting us. Luckily we were on the edge and it only lasted a minute not doing any really noticeable damage. It was a good week in the garden to stay on top of all the picking weeding and mowing. We even got a break to go to the Garlic Festival in Hutchinson. We were also very successful in scoring garlic bulbs which we will plant the first week of October. It's been good weather for picking onions and potatoes. The ground isn't too hard and the plants really produced this year. Yesterday, with the help of Chris and Bingle, we picked 120 pounds of carrots and 240 pounds of potatoes. And only 2 of 6 potato varieties got harvested. The boxes are going to start getting heavier. We also tried our first cantaloupe. Melons will be coming soon. Sweet corn looks good but it has a little ways to go. Ah yes the sweetness of summer and a bountiful harvest. We're half way through the year! Enjoy!

From the Kitchen

Ribbon Zucchini/Summer Squash with Yellow Wax Beans Martha Stewart

Ingredients

1 pound small zucchini, 4 to 6 zucchinis
1 tablespoon olive oil
1 small yellow onion, peeled and finely diced
4 ounces yellow wax beans, cut into 1/4-inch dice
2 tablespoons freshly chopped chives
Salt and freshly ground pepper

Instructions

Slice the zucchini into long ribbons: Cutting lengthwise, slice the sides from around the seedy core of each squash; discard core. Cut each side into long, thin strips.

Heat a large sauté pan over medium-high heat, and add the olive oil. Add the onion and yellow wax beans, and sauté until just beginning to brown, about 2 minutes. Add the zucchini and 1/2 cup water, and stir to combine.

Reduce heat to medium, cover, and cook until zucchini is tender and flexible, about 5 minutes. Stir in the tomato, chives, salt, and pepper, and remove from heat.