



PRAIRIE SUN FARM

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Full Moon

Humans have been looking at full moons for over 200,000 years. Obviously our perception has changed greatly during that time but the 29.5 day lunar cycle has not. It's hard to imagine how far we've come as a species since we first started looking at full moons. The full moon and changing of the seasons has stayed constant but our evolution as a being on this earth has brought about many changes. One of the biggest changes and one that is still evolving is agriculture. Over 10,000 years ago humans started cultivating plants for sustenance. According to Wikipedia, humans were growing grapes for wine 8,000 years ago. It wasn't until the industrial revolution that humans actually started working in areas other than agriculture. The production of food is ingrained in our history and is directly related to our population growth. If we didn't have sources of food and the ability to transport it around the world we would not have a world population of over 7 billion people today. It's exciting to be a part of food production and the ability to feed people. Most people in the world take food for granted and assume it will always be there. The agricultural markets are immense in most countries and people are fed no matter their walk of life. We get to choose careers and occupations because agriculture is a part of our societies producing the food we need to function. Of course without the full moons, changing of seasons and flow of nature agriculture would not be possible. We are so dependent on Mother Nature and the earth's rhythms to produce our food that we forget that it has not always been this way. Once we were hunters and gatherers relying on the earth's abundance. Now we rely on agriculture to sustain us and hope for good crops. Enjoy!

WEEK 10 BOX CONTENTS

Cantaloupe: Sweet and juicy. Great for breakfast, dessert or snacking.

Potatoes: Dark Red Norlands have excellent flavor. The texture is moist, firm and somewhat waxy making it perfect for boiling, steaming, or roasting.

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.

Lettuce: Red leaf summer crisp.

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, Green, red, yellow or orange. The red peppers look like hot peppers but are really sweet Carmen's.

Hot Peppers: Yellow Wax and/or 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.

Cauliflower: Serve raw or cooked.

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.

Rosemary: Perfect with roasted red potatoes.

Farm News

The season continues to flow. We're over the hump now and the vine crops are really starting to produce. The tomato plants are heavy with fruit. We've started picking cantaloupe and even a watermelon. We devoured half the watermelon on Sunday sitting on the porch spitting seeds. Now that's summer! We picked a few ears of sweet corn too but they're not quite ready yet. We watered heavily this past week to give the garden a good drink. First time we've had to water the sweet corn this year. More vegetables continue to ripen nicely with this mild weather. It's good we're getting a little heat though this week. It will really speed some of the ripening along. The mowing has slowed but there's still plenty to do. We got our fall cover crop of rye and vetch planted this week. Hopefully we get a little rain to get it going. We're not complaining about the weather though. We've spent almost every night eating outside. The big bluestem in the prairie around the house and field this year is incredible. We are still on weed patrol but the bugs have slowed down. It's been a very good week and we're glad the crops look so good heading into the latter part of August. Come September things will really start changing with the shorter days. Enjoy it now. Summer doesn't get any better than this.

From the Kitchen

Mixed Grilled Summer Vegetables Serving up the Harvest Cook Book

Ingredients

1/3 cup extra-virgin olive oil
2 tablespoons fresh lemon juice or red wine vinegar
2 garlic cloves, minced
1-2 tablespoons chopped or torn fresh herbs (basil, mint, oregano, rosemary, sage, summer savory, tarragon, thyme, alone or in any combination)
8 cups mixed uniformly cubed or sliced vegetables, such as bell peppers, broccoli, cauliflower, chiles, corn kernels, eggplant, fennel, garlic, leeks, onions, snap beans, summer squash and zucchini, and halve cherry tomatoes
Course sea salt and freshly ground black pepper

Instructions

Prepare a medium-hot fire in the grill with a lightly oiled vegetable grill rack in place.

Combine the olive oil, lemon juice, garlic and herbs in a large bowl. Add the vegetables and toss to coat.

Lift half the vegetables out of the marinade with a slotted spoon and transfer to the grill rack. Grill, tossing frequently with tongs or two spatulas, until the vegetables are tender and grill-marked, about 10 minutes. Transfer to a serving platter, keep warm, and repeat with the remaining vegetables.

Drizzle the remaining marinade over the vegetables, if desired, and sprinkle with the salt and pepper to taste. Serve warm.