



# PRAIRIE SUN FARM

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## The Silent Farmer

Farmers are men and women of few words, generally. It's hard to get traditional farmers to talk. We've always wondered if it was because they fear being judged or if they just don't like to share information. As we continue our organic farming career, we can't tell people enough about what we're doing. Does that make us boastful? We think not because many other farmers doing the same thing we're doing like to share their information as well. As small organic farmers we are quite a talkative group. We also want people to know what healthy food is all about. So what makes other farmers so quiet? Could it be the many hours they work in solitude with only their machinery or animals as company? Are they so in touch with the earth and their surroundings that words just don't seem to make sense for them? If you've ever talked with farmers you know what we mean. We've had lots of traditional farmers as friends and family and most were quite self-conscious and hated being in public. But when you can get them to talk they definitely know their stuff. Farmers have so much to share about the land and nature and working in the elements. We rely on many farmers for insight and help. We try to be part of the community of farmers we live in no matter what they think of us. We're sure some think we're crazy. Others are indifferent. But when they see us working in the field and they see our progress and mistakes they do talk about it. They are even willing to talk to us, sometimes. We're new to this and it's possible that we too will be silent farmers someday only saying what needs to be said and gauging our words more carefully. But right now the excitement of everything we do needs to be shared. Just ask us.

### WEEK 12 BOX CONTENTS

**Sweet Corn:** A sweet taste of summer! The heat made both plantings ready to pick at once. We will pack as many as possible into the box this week.

**Watermelon:** Like tomatoes, watermelon is a good source of lycopene, a powerful antioxidant that helps protect cells in the body from damage.

**Potatoes:** Yukon Gold's waxy moist flesh and sweet flavor make it ideal for boiling, baking, frying, roasting and grilling.

**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.

**Beans:** Green beans from our third planting. They are young and tender. If you don't eat them all, try freezing for later use.

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

**Hot Peppers:** The poblano is a mild chili pepper. When it's dried it's called ancho chili.

**Onions:** White storage onions. These should be stored in a cool dry location.

**Carrots:** All varieties contain valuable amounts of antioxidant nutrients like vitamin C and beta-carotene.

**Broccoli:** Last week's heat made these heads mature fast and turn a little bitter. Probably best to roast or grill to mellow the flavor.

**Cilantro:** Perfect addition to chopped tomatoes, peppers and onions for a fresh salsa.

## Farm News

It's the heavy season. Busy too. We labored on Labor Day and most of the weekend. Saturday we picked over 650 pounds of squash, melons and potatoes plus we finished picking onions. Daven, our godchild, helped us before he returned to New York on Monday. After all the picking we mowed and tilled the areas to eradicate as many bugs as possible. So those beds are taken care of for the year. We also had other mowing to do, sweet corn to pick and the usual cucumbers, tomatoes, eggplant and peppers to pick. Not a day goes by without picking something. Then there's the watering. It's been dry and we have new plantings of lettuce and spinach we want to grow. Vegetables needed to be washed too. The cooler needed to be organized to fit it all in. The squash needed to be laid out and stored for upcoming boxes. It's exciting seeing all the produce but the pounds pack a punch after a while. We're on the home stretch now though and we have about half the garden to tend to that we started out with.

### **Poblanos Stuffed with Cheddar and Chicken Fine Cooking**

#### **Ingredients**

4 large poblano chiles  
2 medium tomatoes, chopped  
1/2 medium white onion, chopped  
1 large clove garlic, chopped  
1 tsp. dried oregano, crumbled  
1 tsp. ground cumin  
Generous pinch ground cinnamon  
Kosher salt  
1 Tbs. olive oil  
2 cups shredded cooked chicken, preferably dark meat  
1-1/2 cups cooked brown or white rice  
2 cups grated sharp or extra-sharp white Cheddar (about 7 oz.)  
1/4 cup chopped fresh cilantro (including some tender stems)  
1 Tbs. lime juice

#### **Instructions**

Position an oven rack about 4 inches from the broiler and heat the broiler on high. Line a large rimmed baking sheet with foil. Slit the chiles from stem to tip and set on the baking sheet. Broil, turning every few minutes, until blackened all over, 5 to 8 minutes. Let cool slightly, peel off the skins, and cut out the seed cores, leaving the stems on. Turn the chiles inside out, flick out any remaining seeds, and turn right side out. Return the poblanos to the baking sheet.

Purée the tomatoes, onion, garlic, oregano, cumin, cinnamon, and 1/2 tsp. salt in a food processor. Heat the oil in a 12-inch skillet over medium heat. Add the purée and cook, stirring frequently, until the liquid has evaporated and the mixture looks thick and pulpy, 8 to 11 minutes. Remove the pan from the heat. Stir in the chicken and rice, and then 1 cup of the cheese, the cilantro, and the lime juice. Season to taste with salt. Divide the filling among the peppers, wrapping the sides of the peppers up and around the filling, some of which will still be exposed.

Broil the peppers until the cheese is melting and the top is beginning to brown, about 4 minutes. Top with the remaining 1 cup cheese and broil until the cheese is completely melted, about 2 minutes.