



PRAIRIE SUN FARM

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Distractions

How are we supposed to get Izzy, our new Springer Spaniel, to focus on a new behavior when we're at puppy obedience class with five other dogs just as distracted as she is? It's tough, but the instructor lets the dogs play a while (which also teaches them socialization), they get a little tired out and it's back to repeating desired responses with treats when she does it right. Good dog. She's getting better, if we can stop the biting. She's losing her baby teeth and needs to chew on everything. We were picking potatoes on Sunday and she was a joy to have in the field, staying close by, pulling the tops of the plants out of the way and once in a while chewing on a potato. Guess that one's not going in the box. But overall she's becoming a good farm dog. While we were in the field I overheard a motorcyclist go by saying to his partner "That's a big garden." We're glad people are distracted by our garden and us working in it, as long as they don't cause a crash on the highway. Some distractions are good, others not so much. Thursday, on farm pick up day, we had a couple members come by with kids who wanted to see the garden. It was easy to show them the field and talk about crops, vegetables, food, bugs, picking, planting and wildlife pressure. Children are like a sponge and seem to absorb it all with unique ways of processing the information. Daven, our godchild, got to absorb a lot of information while he was here. Fourteen year olds are easily distracted by the electronics they seem to always hold in their hands but at least he got to spend some time picking vegetables in the field. For him and the other children who visit it is a healthy distraction that hopefully will have a positive impact on them for a long time.

WEEK 13 BOX CONTENTS

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

Potatoes: Carola is a golden yellow potato originally from Germany. Good steamed, baked, boiled or fried.

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: A few little red fresno peppers. Used in many Italian recipes.

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.

Beets: Mix of red, golden and chiogga varieties to make a colorful salad or side dish.

Kohlrabi: Large Kossak variety that tastes like the small kohlrabi but will store much longer.

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

Chard: Chard is in the same plant family as beets and has a similar flavor and texture to beet greens. Cook or chop fine to add to a salad.

Farm News

We continue to pull pounds out of the field. Haven't tallied up all the potatoes yet but it took the entire day to finish picking them all. It was an abundant harvest. We have some nice fall lettuces and spinach coming along too besides the Brussel sprouts forming, the Romanesco heads getting bigger and cabbage looking beautiful. We still have had to water a lot. We did get a sprinkle on Monday giving us a much needed drink but I think the heat of the day quickly evaporated most of it. Cool weather is coming though so we won't complain about our last 90 degree day. Luckily we can come inside to air conditioning. We had to take a lot of breaks on Saturday. The heat was sweltering. But we got some compost in the greenhouse for a fall planting of spinach. We managed to do some mowing and a lot of watering. We also don't mind moving sprinklers when it's so hot. Remember playing in the sprinkler as a kid? Izzy likes it too. We dried fast and soon we were sweating again. There wasn't an ounce of wind either. But we're not complaining!

Roasted Beet and Carrot Salad

Roasting beets brings out the best in this earthy vegetable. Carrots complement the beets with their sweetness, which is enhanced by roasting. Enjoy this roasted beet and carrot salad atop a plate of fresh salad greens, and drizzle with a little lemon juice, or your favorite dressing.

Ingredients:

1 tbsp olive oil
1 pound beets
3/4 pound carrots
2 tbs lemon juice
Freshly ground black pepper

Directions:

Preheat oven to 425 degrees

Pour olive oil in a medium bowl

Peel and chop beets into 1 ½-inch chunks; cut carrots on the diagonal into 1 ½-inch pieces

Toss beets and carrots in oil Scatter on a rimmed baking sheet

Roast for 20 minutes or until beets and carrots are tender

Serve warm over 1 cup of salad greens

Drizzle with lemon juice and freshly ground pepper

Serves 4