



# PRAIRIE SUN FARM

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## It's Time for Some Change

Week One is here and we're finally ready to provide some great tasting veggies! Are you ready to experience fresh picked cucumbers? How about a crunchy radish? A sweet carrot for the kids? Or how about some protein packed spinach? It's time to change your eating habits and start enjoying locally grown fresh produce from Prairie Sun Farm! The garden is a changed place from just a few weeks ago and looks very different compared to last year. Last year heat loving crops like melons, tomatoes and squash were growing like crazy and cool season crops like lettuce and peas were melting in the heat. So if you were with us last year, the timing will definitely be different on some things. There are a number of things that haven't changed though. We will provide a weekly newsletter emailed on Tuesday and included with the boxes. It will contain a short story, a listing of what's in the box with storage tips, news from the farm and a great recipe to try out something from this week's selection. As always, be sure to give your vegetables a fresh rinse before eating them. Buy a salad spinner if you don't already own one. They're great for getting all the water out of the lettuce after washing. And if there's something that doesn't get eaten or you absolutely don't like, start a compost pile. It's amazing how these veggies will turn back into soil again over time. Also, please bring the boxes back each week when you pick up your new one. We reuse the boxes and rely on them to come back. If you ever have questions about anything or you can't pick up your box, please let us know. We can donate the vegetables to the local food shelf and we want you to enjoy your experience as a CSA member. We are here for you!

### WEEK 1 BOX CONTENTS

**Cucumbers:** These small early cucumbers are from our greenhouse. They are thin skinned, tender, sweet and seedless. They are not preserved with wax so eat them soon.

**Head Leaf Lettuce:** Two heirloom varieties. Flashy Trout back is a romaine type with speckled leaves and Deer Tongue is a bibb type with leaves shaped like a tongue.

**Potted Basil:** A variety mix (thai, lemon, sweet) in each pot. Plant in your garden or put it in a bigger pot on your deck for fresh basil anytime.

**Radishes:** Crisp with a sweet/hot taste. Some of the healthiest root vegetables you can eat. Full of vitamins, minerals, fiber, antioxidants and are low calorie. Remove edible greens before storing in the frig.

**Baby Green Top Carrots:** A rainbow of colors to enjoy. The flavor varies a bit with each color, but all are tender and sweet. Scrub clean and eat. No need to peel. Remove greens and refrigerate carrots in a plastic bag.

**Baby Beets & Greens:** This beet variety is grown for their vigorous tops but the young beets are tasty too. The greens are similar to chard. They can be cooked or eaten raw.

**Chives:** This herb belongs to the same family as onions and leeks. The tender green leaves add fresh onion flavor to any dish. Enjoy the flowers in a vase or make chive blossom vinegar.

**Spinach:** Super good for you raw or cooked! Add to sandwiches, eggs, lasagna, or make a salad.

## Farm News

We have been getting rain but luckily not too much. We've been in the sweet spot as storms have rolled through. We don't even have drip irrigation set up in the field yet, a first for June. We are starting to get insects though. Mosquitoes have popped and flea beetles have been busy putting holes in kale and kohlrabi leaves but we haven't seen potato bugs, cucumber beetles, squash bugs or squash vine borers yet. Of course we don't have any squash blossoms yet. The broccoli and kohlrabi are coming along. Peas look really good too. We actually planted oats and field peas for a cover crop this spring and it was a very good choice with the cool weather. Most everything is planted. Now that warm weather and long days are here the plants are really going to grow. It's going to be an exciting year!

### From the Kitchen

#### Delicious ways to enjoy beet (chard or kale) greens:

- Thinly sliced and added raw to salads
- Sautéed in olive oil and garlic, and placed on crostini with goat or blue cheese
- Added to vegetable soups and stews
- Added to frittatas with cheese such as ricotta, Parmesan, or goat
- Simply sautéed in olive oil and garlic, then topped with raisins and toasted pine nuts
- Creamed with milk or heavy cream, butter, flour, and nutmeg

#### Creamy Goat Cheese and Beet Green Pasta

1 tablespoon plus 1 teaspoon olive oil  
1 bunch washed and sliced beet greens  
1/2 pound fettuccine (or other noodle)  
1/2 cup heavy cream or half n' half  
4 ounces goat cheese  
1/4 teaspoon fresh thyme  
salt and freshly ground black pepper, to taste  
2 tablespoons pistachios  
1/2 cup grated Parmesan or Asiago cheese

To prepare the beet greens, cut off the thick stalks. Submerge greens in a large bowl of cool water to remove dirt. Drain, rinse thoroughly, and pat dry. Remove any tough inner stalks of the beet green leaves, then slice cross-wise into thin strips. Set aside.

In a deep, heavy pot, cook pasta in salted water according to directions, preferably *al dente*. If using fresh, it should cook within 3-5 minutes.

In a large skillet, warm olive oil over medium heat. Add sliced beet greens, until wilted, about 2-3 minutes. In a small bowl, whisk the cream and goat cheese until well blended. Add to the skillet, and reduce heat to medium-low. Cook for 3-4 minutes, or until sauce begins to thicken slightly. Add fresh thyme, and season with salt and pepper. Add the cooked pasta to the skillet and toss until well coated. Divide among two plates; top with pistachios and extra grated cheese. Serve immediately.