



PRAIRIE SUN FARM

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JULIE AND DAN GEIGER WWW.PRAIRIESUNFARM.COM

10330 Highway 25, Watertown, MN 55388

Ja_geiger@msn.com 952-955-3570

GMO No

It's finally dry enough for the conventional farmers to get out in their fields and spray the crops with Round Up. Doesn't this seem odd? A chemical that will obliterate your lawn if you accidentally mistake it for 2,4-D a spray used for weed control. Round Up will kill everything green it touches. Except if it's a field of Genetically Modified Organisms (GMO's) that were specifically designed by Monsanto to withstand Round Up. 80-90% of all corn and soybeans grown in the US are Round Up ready. And this is our food supply? We cringe as the sprayers roll through the corn and soybean fields killing every plant that doesn't meet the monoculture standard. And now there is a law that takes away the right of the US courts to block the planting and sale of GMO seeds even if evidence indicates it's harmful. Really? How did this happen? It was just slipped into a budget bill passed earlier this year when the government shutdown was looming. Monsanto only spent \$5.9 million in lobbying efforts last year why should we be afraid? Because the chemical companies and seed companies are businesses designed to make a profit. We do not believe this is the way agriculture was meant to be. Round Up is not needed in our food supply. This country has to stop spraying harmful chemicals to create food. GMO's are not allowed in Europe and other parts of the world for good reasons. They shouldn't be part of our agriculture in the US either. There is a better way and organic farmers are showing that it can be done. Please support GMO labeling on the food you eat. You have a choice. We believe your CSA membership is part of that choice. Thanks for supporting organic and avoiding GMO's. Monsanto is rich enough.

WEEK 3 BOX CONTENTS

Kohlrabi: Peel the thick skin and enjoy this crisp, juicy vegetable cooked or raw. It's a member of the cabbage family and can be grated or sliced. They have gotten big in our wet weather. Last week they were tiny and now some are kind of big. Still delicious!

Leaf Lettuce: Green summer crisp and/or red butterhead. Enjoy on a sandwich or make a salad. Cutting the root end off and washing and drying before storing with help it stay fresh longer.

Green onions: Also known as scallions. Mild young onions that can be grilled whole as a side or chopped and added to any fresh salad.

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.

Rainbow Carrots: This is the last of the sweet spring carrots. More to come later in the season.

Kale: Red Russian or Winterbor variety. First pickings are always the most tender and delicious. Prepare either variety as cooked greens or chop and add to fresh salads.

Dill: Add the feathery green fronds to a basic ranch dip to kick it up a notch. Also great sprinkled on salmon or cucumbers.

Green top Beets: An amazing source of healthy nutrients and minerals. Roast or steam and eat cold on a salad or hot with your burger.

Cucumbers: 2 possible varieties this week. Same small early cucumbers and a long slender Dutch style. They are thin skinned, tender, sweet and seedless. They are not preserved with wax so eat them soon.

Farm News

We are so excited to be on a farm tour in 2 weeks! Our local Sustainable Farming Association chapter has picked 4 local farms to be in this year's Festival of Farms including ours! Check out this free event at <http://www.sfa-mn.org/crow-river/> and come visit the farms on July 13. Everything is looking fantastic now that it's been dry for a few days and we got some mowing and weeding done. The peas are blooming like crazy, should have sugar snap peas in your box soon. Summer squash is also blooming and covered with pollinating bees, should have these next week. The heat has the vine crops sprawling. The tomatoes are growing a foot each week. We have seen our first Sungold tomatoes ripen in the greenhouse. They're coming along. Cucumbers get picked every day now. Lots of work to do on these long days of summer. **Don't forget that farm pick up is Wednesday from 3 to 8 this week instead of Thursday.** Happy 4th of July!!

From the Kitchen

Easy Taco Salad

Ingredients:

1 or 2 heads chopped leaf lettuce
Chopped cucumber
Prepared salsa
Seasoned cooked ground turkey, beef or pork
Shredded cheese
Chopped green onions
Organic tortilla chips crumbled
Organic sour cream

To turn these ingredients into a salad, place the chopped lettuce in a bowl and arrange all the other ingredients on top in whatever order you like best. Because the salsa adds so much flavor and moisture, you don't even need dressing.

This basic template can be modified all kinds of ways depending on your individual likes and dislikes and what you've got available. Here are more ideas:

Leftover chopped chicken
Seasoned brown rice
Black beans
Sliced jalapenos or other peppers
Chopped avocado
Cilantro
Chopped fresh Kale
Chopped fresh beet greens