



# PRAIRIE SUN FARM

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## Where are the Scapes?

For those of you that have never heard of or seen garlic scapes, you may wonder what we're talking about. For the others that have had garlic scapes and loved them, we have some bad news. The garlic crop took a big hit last year. Since 2008 we have been planting a garlic patch each fall and when the bulbs were harvested the following July we saved enough cloves to increase our garlic patch. We planted about 1000 cloves the past two years. But last year we lost a lot of that garlic. If you remember we had a very warm March. Garlic is one of the first plants to come up in the spring and a bug called a leaf hopper came calling. Unfortunately those leaf hoppers carried a disease called Aster Yellows. This caused a premature demise of most of the garlic last year. We were only able to use about half of it for the boxes and seed. It gets worse. Most of what we planted last fall did not come up this spring. We have been cultivating and weeding the few plants we have left but there isn't going to be much garlic this year. Scapes are the flowering stem that garlic produces each year. They are normally cut off so the energy goes into producing the bulb not a flower. They make a curly circle when they grow and are cut before they straighten out. We usually have them in the boxes this time of year because they provide a great garlic flavor for dishes and can be used like a green onion. Not this year. Hopefully we can buy garlic to plant this fall and start our garlic patch all over again. We've done it once, we can do it again. That's part of farming, some things do well one year and not the next. Unfortunately there will be no scapes for you this year in the box. Let's hope for next year.

### WEEK 4 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.

**Leaf Lettuce:** Romaine - time for a Caesar salad? Cutting the root end off and washing and drying before storing with help it stay fresh longer.

**Mini onions:** Red and white onions with a delicate mild flavor.

**Radishes:** These are the last of the radishes until fall. They will keep for a couple weeks in a plastic bag without their greens.

**Sugar Snap Peas:** A true garden treat. We are hoping to have plenty for the boxes but won't know for sure until we pick.

**Broccoli:** Is actually a large flower head and will bloom a pretty yellow if not picked. The flower buds and stalk are edible.

**Summer Squash/Zucchini:** Yellow and green variety

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

**Basil:** Store on your counter in a water like cut flowers. Time to make pesto or try the soup recipe later in the newsletter.

**Carrots:** We thought last week would be it for the rainbow carrots but we have a small amount left to include in this week's box.

**Green top Beets:** Eat the greens and the sweet roots but store in the frig separately.

**Cucumbers:** There are so many ways to enjoy fresh cool cucumbers - add slices to water, make creamy cuke salad. Add to smoothies or lettuce salads.

## Farm News

We actually had to start watering a lot. The rains missed us last week so it's starting to get dry around the farm. Hopefully we get some rain this week. The plants are still growing like crazy. The vine crops are sprawling. The sweet corn grows inches every day. The bug pressure has hit the potatoes and squash though. We are on bug and egg patrol every day. Tomatoes are starting to ripen in the greenhouse. Not enough for boxes yet but soon. Don't forget our farm is part of the Festival of Farms tour this weekend. If you want to see 4 local farms that produce meat and vegetables using sustainable methods check out the tour schedule for this free event at <http://www.sfa-mn.org/crow-river/> and come visit the farms on July 13. We have been very busy getting ready for this tour and the farm looks fantastic. Hopefully we have a little cooler weather and a breeze to keep the mosquitoes away. It has been hot, sticky and we feel like pin cushions.

## From the Kitchen

### Summer Squash Basil Soup

**Ingredients:**

2-3 Medium Summer Squash/Zucchini coarsely cubed  
1 bunch basil leaves  
2 Tablespoons butter  
Salt and Pepper

**Directions:**

Heat a large saucepan with 2 cups of water to a boil and add cubes of squash. Boil vigorously 8-10 minutes until very soft and remove from heat. Either with an immersion blender or by removing contents to a blender or food processor puree the squash, basil leaves, butter and salt and pepper to taste. Serve immediately with fresh bread.

### Cucumber and Raspberry Smoothie

**Ingredients:**

1 cup frozen raspberries  
Juice of 1 lemon  
5 Tbsp. Agave nectar or simple syrup  
1 medium cucumber cut into chunks

**Directions:**

Put the ingredients in to a blender and turn on high to blend. Adjust sweetness as desired. Kiwis or other fruit can be added if desired.