



# PRAIRIE SUN FARM

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## Fertility

The context of fertility generally refers to the capability of humans to have offspring, such as royal families and good Catholics. But being fertile applies to so much more and it is so evident on the farm this year. First there is soil fertility. Soil rich in nutrients with sufficient minerals, good organic matter, acceptable pH, microorganisms and adequate structure is the definition of fertile soil. Biodynamic farming and organic methods center around soil fertility and the ability for the soil to sustain itself and reproduce year after year. If we deplete the soil of these characteristics it will become barren and will no longer be fertile depriving us of the qualities we need to produce vegetables. We take great pride in trying to maintain soil fertility. Having good soil also aids in other types of fertility. We've seen a lot of bird sex this year because there has been a lot of fertility in insects which feed the birds. This has been the result of plants reproducing both in the field and the prairie which provide food for the insects. We don't appreciate all the fertility especially when we find squash bug eggs and potato bug larvae but there are plenty of other good insects reproducing such as bees. It is a natural cycle that is very evident on a healthy farm. We have had Trumpeter Swans nesting on the lake this year also. They have 6 cygnets (babies) which are growing fast. We believe the same set of swans nest on the lake each year but this is the first time we've got a close look at the offspring through binoculars. Speaking of babies we also got a new Springer Spaniel puppy for our farm dog this past weekend. At 11 weeks she is definitely still a baby and misses her brood but she is adapting quickly. Izzy will soon be greeting farm visitors. Enjoy all the fertility in the box this week!

### WEEK 6 BOX CONTENTS

**Tomatoes!** We are starting to pick a few each day. Probably only 1 slicer or bag of cherries per box. Much more to come!

**Fennel:** Has a hint of licorice. Chopped fennel sautéed with onions is a start to many great meals. Try with shrimp or pork.

**Cabbage:** Excellent source of vitamin C, vitamin A, and high in antioxidants. Great sautéed, cooked in soups, braised or used in raw salads.

**Broccoli:** Add to eggs, raw salads, steam, sauté, or grill.

**Summer Squash/Zucchini:** Thinly slice and add to salads or pizza. Also they can be peeled and tossed with olive oil and salt for a side dish.

**Cucumbers:** Producing like crazy...hope you are still enjoying!

**Kale:** This variety is called Toscano or lacinato or dinosaur. It's an Italian heirloom with extra dark green noncurled but heavily blistered leaves.

**Salad Mix:** Mix of cut young lettuce. A riot of color, flavor and texture. Perfect with a classic vinaigrette.

**Green Beans:** These are from our first planting that was partially washed away in the flood so the bags aren't as full as normal. We have another planting of green and yellow wax beans so more to come.

**Onions:** This Cipollini is a small flat onion variety. Great raw or cooked with grilled burgers.

**Hungarian yellow Hot wax pepper:** Mildly hot. Slice and add to anything you want to spice up.

## Farm News

We try to keep the insects that like to hang out in vegetables on the farm but a few may slip past us and into your box. So keep an eye out for the spare lady bug or caterpillar that might be hanging on to your lettuce or other tasty veggies. Be sure to wash everything thoroughly before eating. We'd like to remind you to bring your empty boxes back on pick up day also. We reuse the boxes each week. They are wax lined boxes specially designed for moist vegetables and can be reused multiple times. We'll clean them if they're dirty. Don't throw them away! Everything is looking fantastic at the farm these days. We're turning over our cover crops, mowing to keep the weeds down, planting more vegetables to keep the harvest going come fall and trying to keep the weeds and bad bugs at a minimum. It's been a good summer in the garden. It's amazing how fast things change in a week. This is prime time for the prairie if you get a chance to come by. The vine crops are sprawling, the potatoes and onions are bulging and tomatoes are ripening before our eyes. Life is good on the farm this year and now we have a nunny!

### From the Kitchen

#### Creamy Coleslaw

##### Ingredients

1 ¼ lbs green cabbage  
1 large carrot, peeled and shredded  
2 tsp kosher salt  
½ cup mayonnaise  
2 Tbs rice vinegar  
1 Tbs Dijon mustard  
1 Tbs minced fresh tarragon leaves  
Freshly ground black pepper

##### Instructions

1. Remove any tough or dry outer leaves from the cabbage half. Cut the cabbage in half through the stem end. Cut out and discard the hard piece of the core at the base of both pieces of cabbage. Slice the cabbage crosswise into very thin strips. (Should have about 6 cups)
2. Toss the cabbage, carrot, and salt in a large strainer or colander set over a bowl. Let stand until the cabbage wilts, about 1 ½ hours. Thoroughly rinse with cold water and then pat completely dry with paper towels. Place the dried cabbage and carrot in a large bowl.
3. Whisk together the mayonnaise, vinegar, mustard, tarragon and pepper to taste in a small bowl. Pour the dressing over the cabbage and carrot and toss to coat evenly. Refrigerate several hours and serve chilled. (Serves 4-6)