



SUNSHINE IN A BOX



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CSA Week 10

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This week's CSA box harnesses the power of Sunday night/Monday morning's storm. I ran through the list of vegetables out in the field and if they could sustain hail damage at their phase of growth-- I tend to worry more about the plants than the infrastructure (i.e. the hoop houses) when severe weather comes through. All you can do is have faith in the strength of the roots and diversity of plants. When morning finally came, damage was minimal. Some foliage has holes looking like hail damage (see photo of lettuce to the right including winter squash plants (and some dents on fruits as well). The stand of beans, ready to pick, looked completely spared. Overall it was a relief to have a good watering—there is a drought in many areas of the state and country right now. Mother Nature is the unknown variable, the wild card, the spice of life! She ensures that every season will be unique and interesting.

After noticing leaves changing on the cottonwood and maple trees this week and seeing the flying "v" of migrating geese and

hearing their honking, it is impossible to ignore that fall is on its way. I harvested the storage onions this week and reflected on all the produce, herbs and flowers that were just coming to life at the beginning of the pandemic. I have mixed emotions about this harvest—a bittersweet feeling, but I can't wait to include these in fall CSA boxes for you.

This week marks the unofficial half way point of the CSA. The conservative date for the last delivery is October 7th but I will keep going until October 21st if the weather and produce allows. Some of the best is still yet to come—thank you for your patience with some items (ahem cucumbers)!

Normally I would be letting you know about the Minnesota Garlic Festival coming up this weekend however it has been canceled due to the pandemic. There are still a few things going on, including a live cooking demo of how to make garlic naan bread on Saturday! Find the info here: <https://www.sfa-mn.org/garlicfest/>

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Week 10 Veggies

Garlic: A bulb to be proud of. After saving my own garlic seed for the last several years, it feels like a big accomplishment to bring you this garlic. Taste the flavor and experience the energy of almost one whole year spent in the ground. A great flavor accompaniment to almost everything in this week's box.

Broccoli: More beautiful broccoli. Does not need much to enjoy the flavor—just try steaming a couple minutes until it turns bright green and serve with a drizzle of olive oil, salt and pepper, and maybe some garlic.

Tomatoes: Cosmic cherry tomatoes—made of ancient stars and the elements of the universe. A solar system you can hold in your palm. These gems are grown in the new caterpillar tunnel.

Recipes

Garlicy Beans

½ lb beans
2 Tablespoons Olive Oil
1 tablespoon butter
1 clove garlic

Salt and pepper to taste
Dry herbs (oregano, basil, parsley)
Lemon Juice to taste

Wash beans and trim off stem end. Finely mince garlic by slicing down, then slicing across and then slicing down the other direction. Sprinkle with a touch of salt to prevent garlic from sticking to knife and continue to mince until fine. Let garlic sit for 10 minutes after chopping.

In a heavy skillet, melt together butter and olive oil over low heat. Add garlic and dry herbs and infuse into the oil on low heat until the garlic is softened and dry herbs are fragrant.

In the meantime, set a steamer in a pot over 1 inch of water and bring to a boil. Add beans and steam for 2-3 minutes until color intensifies and beans are tender-crisp.

Add beans to the skillet and toss to coat in the garlic oil. Season with salt and pepper and a squeeze of lemon juice and serve hot. This same recipe also works well for broccoli.

Swiss Chard Galette

For the dough:
2 cups all-purpose flour
1 ½ sticks butter

Ice water
1 egg and 1 tablespoon water for egg wash

Make fillings and preheat oven to 400 degrees. Place butter in the freezer for 20 minutes. Measure out flour into a mixing bowl. Grate butter with the largest size holes of the cheese grater into flour and mix with a wooden spoon. Sprinkle just enough ice water until the dough comes together being careful not to overmix. It will still be slightly dry and crumbly. Quickly knead with your hands in the bowl a few times until the dough is incorporated. Divide into two and shape into discs. Wrap in cling wrap and refrigerate for at least 30 minutes or up to 1 day (dough can also be frozen at this point)

Roll out dough into a 12 inch circle to a ¼ inch thickness on a lightly floured surface. Arrange filling in the center and fold over the edges of the dough to partially cover the filling. Brush with the egg wash (beat an egg with 2 tablespoons water) and sprinkle with coarse salt. Bake for 30-40 minutes until golden. This crust can be used with any savory or sweet fillings. Swiss chard filling cont. below:

Swiss Chard: Note that some hail damage will shorten storage potential, so try to use this week. I like adding chard to a soup or curry type dish. See the Galette recipe below which can be adapted to different fillings.

Beans: Miracle beans that were spared from the hail! Try the garlicy bean recipe below.

Onion: Fresh summer onion season was underwhelming this year however these Alisa Craig onions will add great flavor cooked or raw. Storage onions have been harvested and are curing.

Full shares also receive cucumbers and assorted sweet peppers—more coming soon!

Swiss Chard, Goat Cheese and Egg Filling

1 bunch swiss chard
¼tablespoons olive oil
Garlic (or you can use 2-3 garlic scapes) finely minced
Red pepper flakes to taste
Salt and pepper to taste

2 tablespoons Vinegar
¼ cup goat cheese
Parsley
1 egg (optional)

To prepare swiss chard: fold in half and cut along stem to remove. Stack leaves and cut into 1 inch thick ribbons. Wash and dry ribbons. Use salad spinner or place in large bowl of water, remove with a slotted spoon, and dry with towels.

Add olive oil to heavy pan and heat on medium high until shimmering. Reduce heat to medium and add minced garlic and red pepper flakes and cook 5-7 minutes until softened, making sure not to burn. Add chard to pan and salt and pepper. It will probably be heaping—carefully stir as the bottom layer cooks until all chard is coated in oil and cooks down substantially, or cook in two batches. Continue cooking until most of the moisture has evaporated. Add a splash of vinegar of your choice (balsamic would be nice, but white or apple cider is more neutral. Lemon juice works well too) and turn off heat. Allow to cool until using as galette filling.

To make galette, spread chard mixture in the center of the dough. Sprinkle with crumbled goat cheese. Fold over the edges of the dough overlapping the filling half way. Brush with egg wash and sprinkle salt on crust. Bake in 400 degree oven until golden brown, 30-40 minutes. Towards the end crack an egg in the center of the pastry and continue cooking until yolk is desired doneness. Remove from oven and allow to cool. Sprinkle with fresh chopped parsley and fresh ground black pepper.



