



SUNSHINE IN A BOX



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CSA Week 1

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A Bright Spot

Gratitude for the Land and its People

I would like to begin this CSA season by acknowledging that the land on which we share our bounty is the ancestral land of the Anishinaabe people and I pay respect to their elders of past and present, along with people of other native tribes including the Dakota who have dwelled here.

We benefit greatly from the teachings and wisdom of native people, especially native people currently farming in our region and working to regain food and seed sovereignty. This wisdom informs us on how to steward the land, how to plant, grow and harvest, and how to live in right relationship with the earth and therefore our ancestors.

I acknowledge that my ancestors farmed on stolen land, and I continue to benefit from this. As a community we need to look for ways to correct these injustices, starting by listening to and lifting up the voices of historically marginalized people who have the answers and solutions we need.

Farm Updates

It is with great joy that I finally bring you the first week's CSA share! I hope it will brighten

up your weeks this summer to see and taste what's coming out of the garden. This pre-season has been strange and at times confusing, but I am glad to have a vehicle to activate within the community for social justice, food sovereignty, environmental stewardship, and public health. As a CSA member you have stepped up to support these causes and we are on this journey together. Thank you for your commitment to picking up and cooking with local produce! We are all connected in this big web of life and I look forward to connecting with you this season.

First CSA Pick Up Info

Welcome new and returning CSA members! Let's help each other out to make the first pick up a success. Pick up times:

- 4 - 8pm at the **farm** from the gazebo
- **St. Philip the Deacon** from 5-7 pm at the upper parking lot back entrance
- **Minnetonka** host family from 5:30 to 6:00 pm (contact me for address)



(Farm Updates from p 1) This spring has been a delight for cultivation and planting. As I move to reduced-tillage practices, some crops are taking a little bit longer to get established, but the long term benefits of these more regenerative farming practices means more bounty this year and in the future. I also did not have the community greenhouse space this spring which means I have been using the hoop house as a propagation greenhouse instead of for tomatoes and spring planting. The new caterpillar tunnel is a welcome addition for season extension and should help diversify the crops we can have earlier and later.

It is exciting to see my systems evolve and improve, and to see some of my visions coming to life. After taking a moment to step back and look at the big picture, I can almost see the system closing and working in synergy, and feel a sense of

community with these little three acres—the chickens, the insects, trees, herbs and vegetables, and soil. Not everything works out like I imagine, but Mother Nature always shows me the way. Taking the time to stop, observe, and listen to my instinct is the most important thing I can do while the gardens are getting established in the spring and early summer. That little voice in the back of my head is almost always right. As I hand weed around squash and cabbages I can scout for pests or disease and act early. Sometimes there are too many details to keep track. Now is a good time to develop and listen to instinct.

Spring starts with salad greens- the perfect antidote to hot, windy days. Coming soon—more lettuce, peas, summer squash, spring root veggies and herbs.

Please keep the dialogue open and let me know how I can serve you better and if you have ideas for the CSA. Have a thought/idea/shout out/call out/etc.? Let me know!

Produce Storage Tips

Did you know that vegetables are still living post-harvest, and even have a circadian rhythm? The ideal storage condition differs among produce and I will suggest ways to store veggies for maximum shelf life throughout the newsletter. Most CSA veggies will store longer than one week between pick up so don't worry if you don't get to it right away. Many herbs included in the CSA share will be great for drying. Once you have tried home dried herbs you will never go back to store bought again.

Head lettuce can store for several weeks if left intact—remove outer leaves from head as needed leaving attached to the core. For more convenient and larger scale prep, remove all leaves from lettuce, wash loosely in water, dry in salad spinner (or with clean towels) and store in a clean plastic bag with a dry paper towel. Lettuce won't store as long this way but is ready to go for a salad or lettuce wrap. If your lettuce begins to look wilted, you don't necessarily need to throw it. Try to rejuvenate it in cool but not ice cold water.

To dehydrate dill and oregano, you just need a warm dry spot with good air flow. Tie in small bundles and hang or lay out flat on a screen or basket. Herbs can also be dehydrated in the oven at the lowest setting with fan or convection, or in a food dehydrator. Keep in mind the moisture content of the herb and the humidity will determine how long it takes to dry. Dry herbs should be dry to the touch and crispy, still green, and fragrant. Store in a cool dry spot out of direct sunlight. To use, just crumble herbs to release fragrance into salad dressing, sauce, marinade, or even an herbal infusion. Another good way to preserve fresh herbs is to infuse in vinegar.



Week 1

Butterhead Lettuce: Good source of vitamins and fiber. Use the leaves for a lettuce wrap—fillings can vary based on what you have on hand. I use diced mushroom sautéed and seasoned with rice vinegar, soy sauce, sesame oil, ginger, chili sauce, and garlic. Softer leaves with more subtle flavor works great with a simple vinaigrette tossed salad.

Dill: A tasty combination with fish, potato salad, or creamy dressing. Chopped fresh dill can be sprinkled on anything from eggs to salad or grilled meat. Pull fronds from larger stem and chop finely. A cooling and soothing herb.

Recipes

Dill Sauce

Ingredients:

- 1 cup sour cream
- ¼ cup mayo
- 3 Tablespoons white wine vinegar
- 2 Tablespoons sunflower or other neutral oil
- 1 clove chopped fresh garlic (or 1 teaspoon garlic powder)
- 1 teaspoon salt
- Fresh ground pepper to taste

Combine all ingredients, making substitutions as necessary (yogurt, or vegan substitutes). Allow sauce to chill for at least 1 hour or up to 2 days in the refrigerator. Use as a salad dressing, on potatoes, with eggs, on fish, or as a coleslaw dressing.

Oregano Infused Vinegar

Ingredients:

- 8-10 sprigs fresh oregano
- 8 oz White wine vinegar (you can substitute any vinegar)
- Mason jar with lid

Remove stems from oregano and finely chop. Add to mason jar so it is about ¼ of the way full, loosely packed. Pour vinegar over herbs so the jar is about ¾ of the way full and herbs are covered in liquid. Label with date and contents.

Shake daily or a few times a week for about one month. Strain the vinegar and transfer to glass vinegar bottle with a sprig of flowering oregano.

Oregano (*Origanum vulgare*): Valued for culinary and medicinal uses. Banisher of sorrow and bringer of joy (Houdret, 1999). To use fresh, strip leaves off stem and chop finely. Fresh oregano also makes a great herbal infusion or vinegar extract. Dried or fresh oregano is used on pizza, pasta, salads, or for dipping bread with oil and vinegar.

Pet Basil: Water right away! Use basil by pinching off from central growth. Pot into larger container and keep moist but not oversaturated. Tolerates part shade. Pick frequently to prevent flowering for abundant harvest of leaves. You can also use basil right away but it is very useful to have fresh basil on hand.

Romaine Head Lettuce (Full shares): A versatile crunchy lettuce that can hold up to a creamy dressing. Have a Caesar salad to go with pizza night or shred lettuce for tacos.

To use: sprinkle on salad greens, pasta, roast or grilled meat, add to potato salad or slaw dressing. Sprinkle on roasted vegetables.

Basic Salad

For the Dressing:

- 2 tablespoons coarse mustard
- 2 tablespoons honey
- 1 clove chopped garlic
- 1/4 cup balsamic or red wine vinegar
- 1/2 cup olive oil
- Salt and pepper to taste

For the Greens:

A mix of any salad greens including romaine, Butterhead, spring mix, or arugula.

To prepare the greens: Tear leaves from outside head of lettuce. Wash leaves in a bowl of cold water so dirt can settle to the bottom. Scoop out greens and dry in a salad spinner or between layers of towel. Transfer to salad bowl, tearing into smaller pieces and season with salt and pepper.

To prepare the dressing: Combine all ingredients in a mason jar and shake until well emulsified.

Pour dressing over greens and toss to coat so leaves are shiny but not soggy. Garnish with finely chopped fresh herbs, a hardboiled egg, pickled vegetables, or fresh vegetables. Dressing will keep in the fridge for a couple weeks.