



## Welcome to your Farm!

After many weeks of preparation we are pleased to have our first boxes ready to go! We hope you are excited to eat seasonally and enjoy the flavors from the garden. Each week, you will receive this newsletter with suggestions for using the veggies and updates from the farm. Right now everything is shaping up nicely and the cool weather crops are ready to hit the kitchen. Most of our transplanting is finished and we have drip irrigation already up and running. We have enjoyed a beautiful spring and are looking forward to tomato ripening season.

## First Pick Up Notes

Please look for the white produce boxes at your pick up location. I may or may not be at the pick-up but I hope to meet you in person soon! **Please bring your empty box back next week and leave it at the pick-up location so we can refill it.** If you are picking up in Minnetonka, please mind the one way sign behind the picnic area. Boxes are a little light today but we still wanted to share the items we have ready! If you have any questions please call me at (612) 810-7497.

## Recipes

### Honey Beet Greens with Pecans

2 Tbsp. olive oil  
 ½ cup pecan halves, shelled (or your favorite nut)  
 1 bunch beet greens  
 1 Tbsp. quality honey

1 clove garlic, minced  
 ¼ crushed red pepper flakes  
 Fine sea salt & freshly ground pepper to taste  
 juice of ¼ lemon

Wash greens thoroughly; pat dry. Rough chop into bite sized pieces.

Heat 1 Tbsp. oil a large skillet over medium heat. Add pecans. Swirl pan to coat with oil. Add honey. Stir to evenly coat nuts. Cook another minute, stirring constantly. Remove from pan; set aside. Leave as halves or, once cooled a bit, rough chop.

In the same pan, add the remaining 1 Tbsp. oil and heat. Add garlic and pepper. Stir, and then add greens. Swirl (not stir) pan. Lightly toss greens with tongs to coat. Cook until just tender and wilted, 2-4 minutes. Squeeze lemon wedge over greens, toss, and plate. Sprinkle with honeyed pecans. Serves 2.

### Quick Pickle Radish

1 bunch of radishes  
 ¾ cup white wine vinegar or apple cider vinegar  
 ¾ cup water  
 3 Tablespoons honey or maple syrup

2 teaspoon salt  
 ½ teaspoon whole mustard seeds  
 1 teaspoon red pepper flakes

Prepare radishes by slicing off tops and bottoms and slicing into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the radishes with red pepper flakes and mustard seeds.

Prepare the brine by combining vinegar, water, honey or syrup, and salt in a small saucepan. Bring the mixture to a boil stirring occasionally. Pour the mixture over the radishes. Let cool to room temperature. Serve immediately or refrigerate for up to two weeks. Works great as a sandwich topping or on their own.

## Box 1 Items

**Radish:** Slice for a salad or on a sandwich. Remove greens for storage. Packed with vitamins and minerals!

**Beet Greens:** Delicious sautéed or as a pizza topping. Best if cooked. See the recipe below

**Asparagus:** Store upright in the fridge in a half inch of water. Wrap with prosciutto or use for a casserole.

**Scallions:** Use the green or white portion cooked or raw

**Arugula Spinach Mix:** Spicy greens for salads, wraps, sandwiches. Can be prepared raw or cooked

**Blueberry Rhubarb Jam:** A seasonal delight for you! Save your jars and we will refill them with more goodies.

**Baby Red Chard:** A good addition to a salad when baby size