



Farm Updates

Sweet corn is almost ready! It is exciting to see some of the summer bounty starting to happen. If you are interested in pickling or making zucchini bread let me know and I can try to bring some extras. The farm field day is coming up on August 8th. We hope you can be there and all are invited. If you have any questions on Wednesdays about the delivery, the best way to contact me is via phone at (612) 810-7497.

Nutritional Benefits of Solar Fresh Produce

I always feel great when I hear CSA members tell me they have been eating more healthfully because of the veggies. Even though it is always healthier to cook a meal from scratch using fresh fruits and vegetables, there are a few factors that make our produce more nutritionally dense than your average grocery store counterparts.

One factor is the varieties of vegetables we choose. We like to select varieties for flavor and texture instead of durability and yield. Our organic practices of using composted manure and no chemicals allows for more efficient nutrient uptake that happens gradually over time. It has been shown that healthy soil is linked to the nutritional content of food, and healthy soil biology is difficult to achieve while using chemical fertilizers, herbicides or pesticides. Another important factor in nutritional content is the ripeness when harvested. Some vegetables, for example tomatoes, develop most of their nutrients in the last stages of ripening on the vine even though they may reach full color when picked under ripe.

It is also important to note that mechanical harvesting and processing can damage and bruise fruit that will cause faster nutrient deterioration. Transportation over bumpy roads at high speeds creates even more potential for damage. Conventional processors mitigate this damage by irradiating, preserving via chemical means (i.e. calcium chloride or ascorbic acid) or by coating produce in wax that is impossible to remove by washing.

In order to maximize the nutritional benefits of our produce, we harvest the day of delivery and process minimally. We cool

produce quickly after harvesting to elongate shelf life. We do not use any wax coating or chemical alterations to grow our veggies or post-harvest so you can leave the skin on—which is usually the healthiest part!

Box 6 Items

White Onion: Most nutritional benefits are concentrated in the outer peels. High in cancer fighting flavonoids but must be consumed daily for full benefits.

Kale: One of the world's healthiest vegetables. Packs a nutritional punch for cardiovascular health, anti-inflammation, cancer prevention, and detoxification. High in phytonutrients, omega-3s, vitamin K and glucosinolates.

Potatoes: High in vitamin B6 which aids in cell formation, reduces stress, and improves sleep. Skin is high in fiber.

Beans: A source of omega-3 fatty acids. Also high in cancer fighting antioxidants.

Summer Squash: The skin is rich in antioxidants and contains polysaccharides that may aid in insulin regulation.

Cucumber: Contains the phytonutrients cucurbitacins, lignans, and flavonoids which have anti-inflammatory and anti-cancer benefits

Mixed Greens: Not all lettuce is equally beneficial but romaine tends to be a good option. High in heart healthy vitamin C. Also contains B vitamin and potassium.

Tomatoes: (Full Shares) First pick of the season! High in antioxidants. Strong link to heart and cardiovascular system health.

Broccoli: (Full Shares): Helps with vitamin D metabolism and has cholesterol lowering fiber. Excellent for detoxification.

Sources:

Whfoods.com

'Is local More Nutritious?' It Depends.
<http://www.chgeharvard.org>

Recipes

Gazpacho blanco

3 cucumbers peeled and seeded
 3c broth - chicken or vegetable
 3c sour cream or 2c sour cream and 1c plain yogurt
 3t white vinegar
 2t salt
 1-2 cloves garlic

Puree cucumber (reserve 1/4 of one cuke) and garlic. Stir in broth and sour cream. Chill.

Garnish with slivered almonds, diced tomatoes and cucumbers, scallions and fresh dill.

Summer Squash Quiche

<p>Crust:</p> <p>6.75 ounces all-purpose flour (about 1 1/2 cups) 1/2 teaspoon salt 3 tablespoons chilled unsalted butter, cut into small pieces 2 tablespoons vegetable shortening, cut into small pieces 1/4 cup ice water Cooking spray</p> <p>Filling:</p> <p>1 tablespoon extra-virgin olive oil</p>	<p>4 cups sliced summer squash 1/4 cup chopped onion 1 tablespoon chopped fresh thyme 1 cup milk 3/4 teaspoon salt 1/4 teaspoon freshly ground black pepper 4 slices center-cut bacon, cooked and crumbled 3 large egg whites 3 large eggs 3/4 cup (3 ounces) shredded part-skim mozzarella cheese</p>
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To prepare crust, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and 1/2 teaspoon salt in a food processor, and pulse 2 times or until combined. Add butter and shortening; pulse 4 times or until mixture resembles coarse meal. With food processor on, add ice water through food chute, processing just until the mixture is combined (do not form a ball). Press mixture into a 4-inch circle on plastic wrap, and cover. Refrigerate for 1 hour.

Preheat oven to 400°.

Slightly overlap 2 sheets of plastic wrap on a slightly damp flat surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap. Roll dough, still covered, into a 12-inch circle. Place dough in freezer 5 minutes or until plastic wrap can easily be removed. Remove top sheets of plastic wrap, and fit dough, plastic wrap side up, into a 9 1/2-inch deep-dish pie plate coated with cooking spray. Remove remaining plastic wrap from dough. Fold edges under, and flute. Pierce bottom and sides of dough with fork. Bake at 400° for 15 minutes. Cool on a wire rack.

Reduce oven temperature to 350°.

To prepare the filling, heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add squash, zucchini, onion, and thyme; sauté for 5 minutes or until squash and zucchini are tender, stirring frequently. Cool the squash mixture slightly.

Combine 1 cup reduced-fat milk and the next 5 ingredients (through eggs) in a large bowl, stirring with a whisk. Arrange squash mixture evenly over crust, and sprinkle with 3/4 cup mozzarella cheese. Pour the egg mixture over cheese. Bake at 350° for 45 minutes or until filling is set. Cool for 15 minutes on a wire rack.