



SUNSHINE IN A BOX



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An unexpected storm swept through the farm on Tuesday morning bringing wind, heavy rain and small hail. There was not a lot of puddling however, and the hail damage was noticeable yet not overly damaging. It was interesting to see the path the storm took based on hail and wind damage, and the tomatoes probably benefited from a natural pruning that resulted. It is always interesting to see the forces of Mother Nature at play, and today brought beautiful weather for CSA harvesting.

Weeds have overtaken most of the gardens at the farm so I will be spending some time weeding and mowing them down however I can and then using a multipronged approach to suppress weeds for next season. The weed pressure has definitely made it a challenge to replant for fall and harvest some crops that do not compete with weeds. At least they are slowing down quite a bit so any weeding done now will be very beneficial for next spring, even

though there will clearly still be a lot of weed seed in the ground. It is one of the biggest challenges I face at the farm and I am strategizing for next year in terms of equipment, reusable landscaping fabric, mulch, and other ideas.

The lovely hens are still thinking about when they are going to start laying eggs but it could be any day now. Stay tuned for updates.

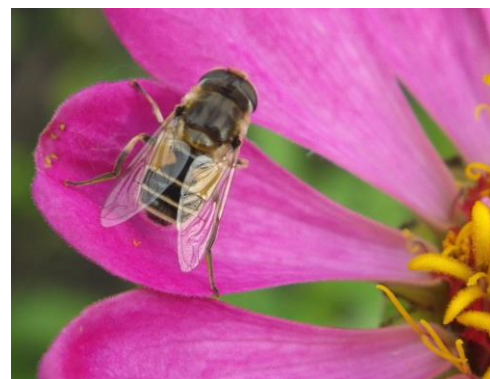
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Week 11 Produce

Beans: A great way to preserve beans is by freezing. I like to trim the ends and cut into pieces, lay the beans in a single layer on a cookie sheet with a piece of parchment and freeze. Once the beans are mostly frozen (3-4 hours) you can transfer them to a zip top bag and pull out a handful when you need them.

Sweet Corn: Fresh picked sweet corn to grill or add into dishes for a touch of sweetness. This is another vegetable that freezes well if you won't get to it right away—you can cut the kernels from the cob and then use the same method described above.

Cucumbers: This may be the last week of cucumbers based on how the cucumber patch is looking.

Zucchini: Zucchini make a vitamin and mineral dense addition to a three sisters salad with beans and corn, or you can try the spiced cookie recipe below.

Tomatoes: Bountiful sungold cherry tomatoes—so grateful for harvesting these delicious morsels today! Despite the hail and rain, there was minimal splitting or damage, and the fruits are sweet and juicy. More tomatoes are slowly ripening and will hopefully be ready before they start to wind down.

Garlic: A tasty way to prepare garlic is whole roasting. Simply cut off the top of the bulb so the tips of the cloves are exposed and the bulb is in tact, place on a double layer of tin foil, and drizzle oil generously over the bulb. Add a generous sprinkling of salt. Wrap up in foil and place in a 400 degree oven (or on the grill) for about an hour until the bulb is completely softened. Squeeze out the soft garlic cloves and spread on bread or add garlic to dressing or sauces for extra flavor.

Swiss Chard: Hail damage evidence. Note the slightly shredded leaves. Best to use this swiss chard soon before the hail damage causes premature spoilage however it should still be tasty and a perfect addition to the corn chowder recipe below.



Recipes

Fresh Corn Chowder

1 onion, chopped	4 cups milk
3 tablespoons butter	2 bay leaves
4 cups corn kernels	¼ tsp dried sage
2 cups diced potatoes	Salt and pepper
1 bunch swiss chard, stems removed and chopped	

In a large pot, saute onions in butter until soft. Add corn, potatoes, milk, bay leaf and dried sage. Simmer until potatoes are tender, about 30 minutes, adding swiss chard half way through cooking. Remove bay leaf and season with salt and pepper. (Association, 2005)

Zucchini Cookies

3 ½ cups all purpose flour	1 ½ cup sugar
2 tsp baking powder	1 egg, beaten
2 tsp baking soda	1 tsp vanilla
1 tsp ground cinnamon	1 ½ cups zucchini, grated
½ tsp salt	1 cup walnuts, chopped
¾ cup butter	1 cup chocolate chips

Preheat oven to 350 degrees. In a medium bowl, whisk together flour, baking powder, baking soda, cinnamon, and salt.

In a separate large bowl, cream together butter and sugar. Add beaten egg and vanilla. Beat until light and fluffy. Add the flour mixture and mix until just combined. Stir in grated zucchini, nuts, and chocolate chips. Mix well.

Drop by rounded tsp fulls onto greased baking sheets. Bake for 12 to 15 minutes or until the edges begin to brown. Makes about 2 dozen. (Association, 2005)

Three Sisters Hash

1 cup beans, ends trimmed and cut into 1 inch pieces	1 clove garlic, minced
1 cup sliced zucchini	2 tablespoons sunflower oil
½ cup fresh corn kernels	Dried sage
½ cup cherry tomatoes, sliced in half	Salt and pepper
	1 teaspoon Apple cider vinegar

Heat sunflower oil in a large heavy skillet on medium-high heat until just shimmering. Add the zucchini and beans and toss to coat in oil. Sautee until the zucchini begins to color. Flip slices of zucchini so both sides are golden. Add corn kernels, garlic, dried sage and sliced cherry tomatoes. Continue cooking on medium high heat until the tomatoes release their juices and the garlic and sage become fragrant. Add a splash of apple cider vinegar and salt and pepper to taste. Serves 2-4

Bibliography

Association, S. P. (2005). *Saint Paul Farmers' Market: A collection of favorite recipes from growers and their customers*. St. Paul: St. Paul Growers Association.

Sherman, S., & Dooley, B. (2017). *The Sioux Chef's Indigenous Kitchen*. Minneapolis: University of Minnesota Press.