



Issue 7 Volume 4  
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SUNSHINE IN A BOX

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# Summer Bounty

## Farm Updates

The waxing moon has been a gentle reminder to continue with fall planting—I am trying to squeeze planting in between other tasks and it is coming along. I began to dig garlic this week and the bulbs are looking beautiful—about half is hung to cure and the rest will come out one variety at a time so I can keep track. The curing process takes about one month, but some softneck varieties will be ready sooner than that.

The Minnesota Garlic Festival is coming up on Saturday August 11<sup>th</sup> at the McLeod Count Fairgrounds in Hutchinson! Come to the Great Scape Café to try local food prepared by chefs, purchase garlic for table or seed, and check out the spectacle. I will be at the festival all day running the Great Scape Café—stop by and say hi!

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## Week 7 Produce

**Sweet Corn:** Fresh picked today by our friends at Ruter Produce in Hanover. One of the “three sisters,” she is rich in complex carbohydrates and sugars for energy. Sweet corn is just coming into season and is such a treat! Corn also freezes well—cut off cobb and place in a flat layer in a ziplock bag.

**Cucumber:** Try your hand at home canning—large bunches of dill are easy to find at most farmer’s markets and it is easy to find the supplies and equipment at most stores. Or try the fermented pickle recipe below.

**Zucchini:** Make a simple succotash by sauteeing together sweet corn, zucchini and green beans along with basil or other herbs, or try the more complicated recipe for a three sisters salad offered below. Squash is another one of the three sisters and provides minerals.

**Basil:** The essence of summer.

**Beans:** The third sister, beans, in both dried and fresh forms provides protien, rounding out the nutritional benefits.

**Tomatoes:** Everyone gets a tomato! Heirloom tomato varieties range from pink to dark green and read to orange. Tomatoes will usually be delivered ripe, but if it feels firm leave it on the counter for a couple of days.

## Recipes

### Pickled Cucumbers

4-5 pickling cucumbers  
1 tablespoon mustard seeds  
2 tablespoons fresh dill, snipped  
1 tablespoon sea salt  
4 tablespoons whey (if not available, use an additional 1 tablespoon salt)  
1 cup filtered water

Wash cucumbers well and slice at  $\frac{1}{4}$  inch intervals. Place in quart-sized, wide mouth mason jar. Combine remaining ingredients and pour over cucumbers, adding more water if necessary to cover the cucumbers. The top of the liquid should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 2 days before transferring to cold storage. Serve with sausages and preserved meats.

Makes 1 quart. (Fallon, 2001)



# Three Sisters Summertime Salad with Smoked Trout

1 cup summer squash, cut into ¼ inch slices  
 1 tablespoon sunflower oil  
 2 ears roasted corn, kernels cut from cob  
 1 cup cedar-braised beans

¼ cup wojape mint sauce  
 Dandelion greens (plus mix of wild greens)  
 4 ounces smoked trout, cut into half-inch strips

Heat a griddle or large heavy skillet over high heat and sear the squash slices on both sides, about 3 minutes. Set aside. Turn the corn, beans, and summer squash into a large mixing bowl. Toss with just enough mint sauce to lightly coat and serve on a bed of the mixed greens. Lay the trout over the salad. (Sherman & Dooley, 2017)

## Wojape Mint Sauce

6 cups fresh berries—chokecherries or a mix of blueberries, raspberries, strawberries, elderberries, cranberries, blackberries  
 1 to 1 ½ cups water  
 Honey or maple syrup to taste

1 tablespoon maple vinegar (or rice vinegar)  
 3 tablespoons sunflower oil  
 1 tablespoon maple syrup  
 Generous pinch salt  
 1 tablespoon chopped mint

Put the berries and water into a saucepan and set over low heat. Bring to a simmer and cook, stirring occasionally, until the mixture is thick. Taste and season with honey or maple syrup as desired.

To make into Wojape Mint Sauce: Whisk all remaining ingredients into a bowl with wojape. Store in a covered container in the refrigerator for 3 to 5 days. (Sherman & Dooley, 2017)

## Cedar-Braised Beans

1 cup dried beans  
 3 cups cold water

1 5 to 6 inch branch cedar  
 Salt and freshly ground juniper to taste

Put the beans in a large pot or bowl and cover with water by 3 inches. Allow to soak for at least six hours or overnight. Drain the beans and transfer to a medium saucepan or soup pot.

Add 3 cups of cold water to the pot and lay the cedar branch over the beans. Set the pot over high heat; bring to a boil. Cover and simmer until the beans are very soft. Begin tasting after about 25 minutes of simmering. Remove and discard the cedar. Drain and reserve the cooking liquid for soups and stews. Serve the beans or store in a covered container in the refrigerator for several days or freeze. (Sherman & Dooley, 2017)

# References

Fallon, S. (2001). *Nourishing Traditions*. Washington D.C.: NewTrends Publishing, Inc.

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