



SUNSHINE IN A BOX



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The garlic harvest has begun! This week a CSA member (who shall remain anonymous) helped bring in half the garlic and the rest will be coming out of the fields over the next few days. If you would like to set up a volunteer project at the farm (usually 2 hours or so) please let me know and I would love to have you out.

Did you know I moonlight as the coordinator for the Great Scape Café for the Minnesota Garlic Festival? It's true. This ephemeral café is another partnership between my twin, Chef Jennifer, and myself, and we go big creating an ephemeral farm to table restaurant in Hutchinson on August 10th. This event benefits the Sustainable Farming Association—an organization that has supported me in various ways since the beginning of my time farming here in Buffalo. We would love to see you there! Ask me about a BONGO coupon.

Soil and Creative Output

What did you want to be when you grew up? What did you like doing when you were a kid? These are some questions career counselors might ask to help figure out what type of job you should look for, and it is no coincidence that we look to childhood wisdom for answers in our adult life. It makes sense when I look back—I wanted to be an artist, and I loved playing in the dirt. Kids seem to have innate knowledge that is full of insight if allowed to live out these instincts.

As I get further into my adult years and mourn the loss of this instinctive creativity that we tend to lose as the pressures of society creep in, I realize I am lucky to keep working with my original favorite artistic medium: soil. Cont p. 2

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Summer cooking veggies are here!

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Week 7 Produce

Cabbage: This iconic vegetable can be used in so many ways from cabbage rolls to eggroll in a bowl. Cole slaw is easy to make from scratch and tastes amazing at your summer picnic! After shredding or removing individual rolls to use for cabbage rolls, wash leaves loosely in a large bowl of water and pat dry. Cabbage will store for several weeks especially if the stem end is left in tact.

Beets: This vegetable really conveys the flavor of our terroir—an earthy vegetable that pairs well with herbs like parsley and tarragon and tangy flavors like lemon or goat cheese. The greens can be removed ½ inch from the top of the root and stored separately for use in recipes.

Garlic: Fresh, uncured garlic has more moisture and a pungent spicy flavor. The top can be removed (some people like to use the tender part of the stalk) and fresh garlic can be stored in the fridge. Try wrapping in foil with olive oil and roast in the oven or on the grill. When fully cooked you can squeeze garlic out of the wrapping and use for salad dressing or simply spread on some crusty bread.

Zucchini: (Full shares) It seems like low pollination is contributing to a slow start for zucchini but more should be on its way.

Basil: Basil and garlic can be used together as a pesto.

Parsley: A little parsley a day keeps the doctor away. To help spice up your life, try making an herb blend to have on hand. Finely chop parsley and tarragon together and store in an airtight container in the fridge with a damp paper towel for up to 3 days. Herbs can be sprinkled on dishes as needed, for example on top of roasted beets or in rice. Parsley has 100% of your daily vitamin K.

Tarragon: Tarragon is an herb used in french cooking and the fresh flavor pairs well with beets but also works great with any potato dish. Tarragon can also be dried to use in soup or roasts this winter.

Mixed Greens or Peas: The end of these spring crops until cooler weather comes around this fall.

From p. 1 As a small scale farmer I've contemplated soil in ways I never imagined—the connection between soil health and gut health, the cosmic forces at play underfoot, the potential to grow all different things, the human and animal interactions with it, and the loss of connection to it. My simple human brain can only begin to scratch the surface of the creative potential and I have to accept our limited understanding and embrace the unknown, which leaves a lot of room for speculation.

The art is in the process, and harvesting is still not the end result—the process continues when you bring home the plants and continue to interact with them by cooking and eating them. Cooking creates a chemical transformation that can enhance the flavor, digestibility, and nutritional value of vegetables. For example, cooking beets helps remove antinutrients that can prevent the absorption of other nutrients, and also intensifies the sugars and enhances the sweetness of the beets. The relationship between farmer and home cook is one of the most daily ways we can express our creativity and relish in the joy of collaboration.

Please let me know if you have any recipes to share—I love to hear how you use your CSA vegetables and if you are beginning to get a sense of the flavors of our region's soil.

Recipes

Egg Roll in a Bowl

1 lb. ground turkey breast (can substitute with ground chicken, ground beef, or ground pork)
1 sweet onion, diced
1 tablespoon sesame oil*
1 tablespoon rice vinegar
2 teaspoons minced fresh garlic**
1 teaspoon ground ginger

¼ cup less sodium soy sauce
16 ounces shredded cabbage
½ cup grated or “matchstick” carrots
2 green onions, thinly sliced
Salt and pepper, to taste
1 tablespoon hoisin sauce (optional, but recommended)

Heat a large skillet over medium-high heat. Add ground meat and cook, stirring, until no longer pink. Drain; return meat to skillet.

Add diced onion, sesame oil, and rice vinegar to the skillet. Cook, stirring, for a few more minutes (until onion is tender).

Add garlic, ginger, soy sauce, hoisin sauce (optional), cabbage, and carrots to the skillet. Cook, stirring, for about 5-7 more minutes, or until cabbage is wilted.

Remove skillet from the heat. Stir in green onions and season with salt and pepper, to taste.

Source: <https://www.theseasonedmom.com/egg-roll-in-a-bowl/>

Roasted Beets with Tarragon

Beets (We used golden beets)
Extra-virgin olive oil
Fresh lemon juice

Coarse salt
Fresh tarragon

Roast, peel, and dice beets, then toss them with extra-virgin olive oil, fresh lemon juice, and coarse salt. Garnish with fresh chopped tarragon.

Source: <https://www.marthastewart.com/1105652/perfect-bite-roasted-beets-tarragon>