



SOLAR FRESH

Issue 8 Volume 4
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SUNSHINE IN A BOX

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Summer Bounty

Farm Updates

The fall weather this week has been perfect for working in. I have been continuing to trellis tomatoes using a weaving method that makes it a bit easier to pick than tomato cages. I also had to fire up the irrigation system this week after a couple month hiatus, and there were fewer leaks and repairs than expected. The summer lettuce planting is looking good, and you should expect to see it in the boxes in the next couple weeks.

The Minnesota Garlic Festival is coming up on Saturday August 11th 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 8 Produce

Root veggies match this fall-like weather

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Week 8 Produce

Beets: Baby beets can be roasted whole and tossed with butter, parsley and salt and pepper. Diced beets can be mixed with grains. Or, try roasting beets, carrots and onions together for a sweet side dish.

Carrots: Even though the carrots have not been having a great season, this week we get to enjoy these treats from the garden.

Swiss Chard: Similar to beet greens. Can be added to roasted veggies mid way through cooking.

Cucumbers: Slicing cucumbers and seedless English style cucumbers.

Summer Squash: Now that the second zucchini planting is going, there is no shortage of summer squash. I am convinced that summer squash can be made into anything, and that it can be incorporated into most recipes somehow.

Arugula: Spicy and peppery but still tender enough to eat raw. My favorite way to enjoy is by throwing a handful on pizza.

Parsley: Parsley stems can be used as celery as a flavor base. Paired with carrot and onion it makes a traditional french flavor base called mirepoix.

Beans: There will probably be a break in beans next week until the plants flower again.

Onions: Small red onions are the first of the harvest. Thin sliced with cucumbers makes a delicious side salad. Also pairs well with beans, in an arugula salad, or with beets or carrots.

Tomatoes: (Full Shares) The tomato crop is looking good, but we are still waiting for ripening.

Recipes

Maple Roasted Beets and Carrots

5 large carrots, peeled & sliced
4 medium beets, peeled & diced
2 tablespoons olive oil

Salt & pepper, to taste
2 tablespoons butter
3 tablespoons pure maple syrup

Preheat oven to 425F and move the rack to the middle position. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet. Drizzle the olive oil onto the beets and carrots and add salt & pepper. Toss until they're coated. Spread them out in an even layer. Roast for about 15 minutes, or until they veggies are tender-crisp (this will vary depending how big the pieces are).

Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt then toss it again until everything is coated. Return the baking sheet to the oven for another 5 minutes. Serve immediately.