



SUNSHINE IN A BOX



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# Garlic Fest 2019 Saturday

## Farm Updates

Rain on Monday was already needed again after another dry spell. Large hail missed the farm and we were lucky to have a nice soaking. It's already dry again, so another soaking rain would be welcome.

Tuesday was memorable after the neighboring cows escaped their fence and made their way into the adjacent cornfield. I also found evidence of them trampling in the garden, worst of all some broccolis just recently planted for fall. Most survived but there were a few casualties. Fortunately cows tread fairly lightly considering their size. I will keep an eye out for any food safety hazards that also may have resulted however for now it seems like the issue has been resolved.

With the Garlic Festival coming up on Saturday, I have been busy helping get ready for the Great Scape Café, a one day farm to table restaurant at the festival. It is exciting to take part in the

garlic harvest along with other growers in the region, and I am looking forward to celebrating with everyone on Saturday. Come check it out—there will be lots of garlic, food, kid's activities, entertainment, and more!

Last week we had a 100% CSA box return rate—keep up the good work!

I am still waiting for tomatoes to ripen. I'm not quite sure what is going on other than the late start. I know other farmers are experiencing the same but it looks like they should be coming along soon. In the meantime, enjoy the other fruits of the garden!

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## Week 9 Produce

Spice up your life with Garlic

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## Week 9 Produce

**Beans:** Green beans are sweet and tender after the first week of picking. Another larger flush of beans is coming. One easy cooking method is to blanch beans in salted boiling water for about 5 minutes and then shock in a bowl of ice water. This method retains the color and flavor of fresh beans while taking off any bitterness. These beans can then be tossed into a salad or heated up with a little garlic and butter.

**Cucumbers:** A bounty of cucumbers! Plants are still producing a lot. Don't forget to pickle some now to have for later.

**Kohlrabi:** This is "that CSA vegetable" that is bountiful and weird. Try using for cooking—kohlrabi can be peeled and boiled in water, then when soft and tender, drain and add salt, pepper, butter and mash into desired consistency.

**Zucchini:** The quintessential summer garden vegetable! (Other than tomatoes, which are coming).

**Kale:** To make kale more palatable in a raw salad, try salting and letting stand for a few hours in the fridge. The salt will tenderize the greens. Kale is of course delicious cooked as well, and somewhat easier to digest.

**Garlic:** Saturday is the Minnesota Garlic Festival at the McLeod County Fairgrounds in Hutchinson. If you are a garlic lover it is a must to check out. We will be cooking garlic and local food all day long at the Great Scape Café. Hope to see you there. Mention Solar Fresh Produce to get the BONGO 2 for 1 coupon. Most items today pair great with garlic!

**Lemon Balm:** This fragrant herb is in the mint family but with a lemon flavor. The volatile oils can add a bright note to savory dishes or in desserts or herbal tea. Try finely mincing and adding into green beans sautéed in butter, oil and garlic just at the end. Also a nice addition to a cucumber salad or kohlrabi slaw. Lemon balm can also be infused into cream for whipped cream or used in place of mint to garnish desserts. Infuse in a mason jar with fresh water in the sun, strain, add honey to taste and it makes an uplifting summery beverage. If you have any left over, lemon balm is easy to dry and save for later.



# Recipes

## Garlic Marinated Zucchini

2 medium size zucchini  
1-3 cloves garlic, thinly sliced  
2 Tablespoons salt  
1/2 cup olive oil  
2 Tablespoons red wine vinegar

1 teaspoon sugar  
1/2 lemon  
1 teaspoon dried herbs  
1 teaspoon Dijon mustard  
Salt and Pepper to taste

Trim ends of zucchini and slice lengthwise into 1/4 inch thickness and place in a colander over a bowl along with thinly sliced garlic. Sprinkle with salt and toss. Allow zucchini and garlic to stand for 1 hour until it releases moisture.

Discard liquid. In a new bowl, combine olive oil, red wine vinegar, the juice of 1/2 lemon, sugar, mustard, dried herbs and salt and pepper. Whisk to combine. Taste and season as needed. Add zucchini and garlic and toss to coat with dressing. Cover with plastic so that it is touching the vegetables creating an airtight seal. Marinate in the refrigerator overnight. Serve with grilled meat or on a vegetable sandwich.

## Lemon Balm Crème Brulee

2 cups heavy cream  
1/2 vanilla pod  
1/2 cup packed fresh lemon balm leaves  
1/3 cup caster sugar

5 egg yolks  
For the Lemon Balm Sugar:  
1/3 cup caster sugar  
1/4 cup packed fresh lemon balm leaves

Preheat the oven to 300 F. Fill and boil a teakettle of water. Place 4 half cup ovenproof ramekins into a high sided roasting pan.

Pour cream into a heavy bottom saucepan. Add the lemon balm leaves. Scrape the seeds from the vanilla pod and add the seeds and pod to the cream. Heat the cream, lemon balm, and vanilla over gentle heat for 8-10 minutes, stirring occasionally. Do not let the mixture boil. It should get to the point it is steaming and looks like it is about to simmer but not actually have any bubbles breaking the surface.

While the cream is heating, beat the egg yolks and sugar with a whisk in a heatproof bowl until pale and fluffy. Remove the cream from the heat. Pour a small amount of the cream mixture into the eggs and whisk well. Add the cream a little at a time, whisking after each addition, until all of the cream has been added. Strain out the vanilla and lemon balm by pouring the mixture through a fine sieve into a heatproof jug.

Carefully pour the custard into the ramekins. Place the roasting pan with the ramekins in it into the oven and gently pour boiling water around the ramekins until it comes about half way up the sides. Bake the custard for 35 minutes. Carefully remove the roasting pan from the oven. The custard will still look quite wobbly. Using oven mitts or tea towels gently lift the custard out of the water bath and set aside to cool for about 30 minutes. Once cooled, put the custards in the fridge to set overnight.

To make the lemon balm sugar: Place the 1/4 cup lemon balm leaves into a shallow glass container and sprinkle over the caster sugar. Cover and store in the pantry overnight.

To brulee the top of the pudding: About an hour before serving, remove the ramekins from the fridge and place them on a baking tray. Position an oven rack near the top of the oven and preheat the grill on high. Sprinkle each brulee with a teaspoon or two of the lemon balm sugar and gently smooth it to an even layer using the back of a spoon. Slide the brulees under the grill and cook for 3-4 minutes until the sugar is caramelized (watch them very carefully to ensure they don't burn). Take the baking tray out of the oven and return the brulee to the fridge until ready to serve. Alternatively, if you have blowtorch you can use this to caramelize the sugar. Source: Adapted from thefaresage.com