

Week 3 July 7th  
Baby Beets  
Basil  
\*\*Cauliflower at some sites  
Arugula  
Broccoli  
Kale  
Lettuce  
Radishes  
Summer Squash/Zucchini

Hello,

What a beautiful week of summer weather! We had a sprinkling of rain Tuesday morning, and we could use some more, but we and the plants are enjoying the summer sun and warm temps. Mike's been busy moving and managing irrigation. We've also been busy weeding, transplanting more herbs, lettuce and more. The shade cloth has also been put on the greenhouse as it gets too hot in there for the remaining plants with the hot summer sun. We will use the greenhouse for curing the garlic in a few weeks and the shade cloth will help with that. We fit in some 4th of July fun with family and friends too. Summer potlucks are amazing!

Holy Broccoli! The broccoli is beautiful and ready! Enjoy! We have a slower start to the Cauliflower, so some of you are getting that this week. We'll rotate the cauliflower through the different drop-off sites in the coming weeks as needed, so that everyone gets some.

A note on the Cauliflower: Cauliflower bruises easily. We try our best to handle it gently, but you may see a brown area on the crown. Much like a bruise on an apple- you can eat that area or cut it out. If your cauliflower has a purple tinge to it, it's completely safe to eat. This is a trait of the variety of cauliflower we choose to grow. I think it's pretty. Last but not least, Cauliflower needs to be kept shaded from the sun while in the field to prevent any yellowing of the crown. We clothes-pin the leaves around the cauliflower heads to keep them white. However, it's never a sure thing. If you notice a creamy or yellowish portion of your cauliflower, this too is safe to eat. It was just more adventurous in searching out the sun.

The chickens are in! If you ordered chicken from Farm Sweet Farm, they are here! They are safe in our freezer until you can pick them up. You must pay for them at the time of pick-up. The cost is \$3.50 a pound and they weigh between 4 and 6 pounds. I will figure out your total when you arrive.

If you were unable to get beef from Farm Sweet Farm and would like an option for local, hormone-free beef, contact our neighbor Dave Jensen.

Jensen Cattle Company

612-685-0155

He sells ¼, ½ and whole cows for \$1.95 a lb. hanging weight, plus the price of processing. He also has pork for sale.

This should be the last week for Arugula. The summer squash is just getting started. We also expect to have beans next week! Come for the Bean Picking! We'll plan on starting at 11am on Wednesday, July 13th and have a potluck dinner afterwards. Remember, after the beans are picked for the share boxes, there will be extras for all pickers to take home and do with as you'd like. Come join the fun! Bring the kids!

We will likely be picking weekly for quite some time. Come every week or once in a while.

Roasted Vegetable Lasagna

#### Sauce:

1 large onion, chopped 3 T. minced fresh oregano  
6 garlic cloves, minced 1 tsp. sugar  
1 T. olive oil 3 T. minced fresh basil  
1 can (28oz) tomato puree ½ tsp. crushed red pepper flakes  
1 can (8oz) tomato sauce 1 pound ground beef, browned

#### Roasted Vegetables

4 cups sliced summer squash or zucchini ½ tsp. salt  
2 medium peppers, cut into 1 inch pieces ¼ tsp. pepper  
1 medium onion, cut into 1 inch pieces 1 cup shredded parmesan cheese  
6 Lasagna noodles, cooked and rinsed 1 cup shredded mozzarella cheese

In a large saucepan, sauté onion and garlic until tender. (Brown your ground beef here too if you'd like.) Stir in remaining sauce ingredients. Bring to a boil, reduce heat and simmer, uncovered, 20-25 minutes or until slightly thickened.

Meanwhile, combine the vegetables, salt and pepper. Transfer to a large, greased baking pan. Bake at 450 degrees for 15-18 minutes or until golden brown.

Spread ½ cup of sauce into a greased 9X13 pan. Layer with 3 noodles, 1 ¾ cups sauce and half of the roasted vegetables and cheeses. Repeat layers.

Cover and bake at 400 degrees for 10 minutes. Uncover, bake 10-15 minutes longer or until bubbly and golden brown. Let stand 10 minutes before serving. Serves 12.

#### Super Easy Fresh Veggie Salad

Cut up any desired amount of broccoli and/or cauliflower.  
Slice up summer squash or zucchini.  
Make a packet of Good Seasons Garlic and Herb Salad Dressing Mix (or your favorite dressing)  
Toss and enjoy! I found that one dressing packet made enough dressing for about 12 cups of vegetables. So you may want to add it a little at a time to taste.

Happy, healthy eating!

Mike, Jody, Claudia, Malcolm and Jonas Len