

Week 4 July 14th

Beets
Lettuce
Savoy Cabbage
Dill
Basil
Summer Squash/Zucchini
Kale
Broccoli
**Cauliflower at some sites
Beans
Baby Red Potatoes

Hi,

It's been a week of catching up on weeding! (If there is such a thing as catching up!) The rain followed by the hot, humid days of last week really helped everything grow quickly. The vegetables are growing beautifully, along with the weeds. Most time consuming is weeding the baby carrots. They're so small compared to the weeds! But it's so worth the work! We should be seeing the first of the carrots in the share boxes next week.

Aside from weeding and harvesting, we're spending time getting ready for the St. Croix County Fair. Claudia is taking her rabbit Oreo and Malcolm is hoping to get a calf ready for the show ring. (We're borrowing the calf from our neighbors.)

I tried to gently rinse the new potatoes, but after a quick dip, 90% of their skins came off. They're so fragile when they first come out of the ground. We've decided to leave the washing up to you. By the time you get them, the skins will have had 2 days to cure a little and you'll be able to wash them more gently in small batches in your kitchen than we can here on the farm.

We have mostly green beans this week, however there may be a few yellow or purple beans as well. All can be used the same. The purple beans are fun as when they cook, they turn green. Thanks to all those who came out for our first bean picking day! Join us next Wednesday at 11:00 for another bean picking day.

Raspberries are starting to ripen. Phil brought us 8 pints this week, so a few of you are getting your order filled this week. Many more of you will be getting yours next week.

As Phil works at getting his blueberry and more raspberry plants established, he is looking to hire some people to help weed and occasionally pick. His farm is located just outside of New Richmond. If you or someone you know is interested, here is his contact info:

Phil McConville
715-386-8109 (home)
715-781—5861 (Cell)
phil.McConville@gmail.com

Our lettuce is coming to a halt. The hot days have finished it off. We are happy to have this one last variety to put in the boxes this week. It held fairly well through the heat. We had hoped to squeeze in one more week of spinach, but the heat was too much for it. We have been busy cleaning up the unusable lettuce and spinach and feeding it to the chickens and our neighbor's pigs. They are very happy to get it!

We will have more lettuce and spinach in fall when cooler weather is back.

We made this meatloaf today and really enjoyed it.

** Zucchini and Summer Squash can be interchanged in recipes. Zucchini is a type of summer squash.

Zucchini Meat Loaf

1lb ground beef 1 tsp. salt
2 c. shredded zucchini or summer squash 1 tsp. Italian Seasoning
1 c. milk 1 tsp. parsley
1 c. bread crumbs ¼ tsp. pepper
1 onion, finely chopped ½ c. grated parmesan cheese

Mix all ingredients together and bake in a loaf pan at 350 degrees for 1 ¼ hours. Let stand 10 minutes before serving.

Creamy Broccoli Cabbage
4 cups shredded cabbage
½ lb fresh broccoli florets
2 Tbsp. butter
4 oz. cream cheese, cubed
salt to taste

Place cabbage and broccoli in a saucepan; add 1 inch of water. Bring to a boil. Reduce heat; cover and simmer for 5-8 minutes or until crisp-tender. Meanwhile, in another saucepan, melt butter. Stir in cream cheese until melted. Drain vegetables; top with cream sauce. Add salt and toss to coat. Makes 4-6 servings.

Grilled New Potatoes with Herb Vinaigrette

2 lbs. small red, new potatoes
¼ cup oil
salt and pepper

Bring potatoes to a boil. Reduce heat and simmer until tender, but still firm. Drain and let cool slightly. Slice in ½.
Heat the grill to medium heat. Brush the potatoes with oil and season with salt and pepper. Place potatoes on the grill, cut-side down, and cook until lightly golden brown, 3-4 minutes. Turn potatoes over and continue grilling about 3 minutes more.
Remove to a large shallow bowl and add half of the herb vinaigrette. Season with salt and pepper. Add more vinaigrette to taste.

Herb Vinaigrette
8 cloves roasted garlic 2/3 cup olive oil
¼ cup white wine vinegar ¼ cup fresh basil leaves
½ tsp. sea salt
2 tsp. Dijon mustard ¼ tsp. pepper

Place all ingredients except oil and basil in a blender. Blend until smooth.
With blender running, slowly add oil until blended. Add Basil and blend.

Happy, healthy eating!
Jody, Mike, Claudia, Malcolm and Jonas