



GET TO KNOW YOUR FARMERS, PART 1

As a member of a CSA farm, you have the unique opportunity to not only see where your food is grown and eat with the season but also get to know the people that grow your vegetables. Over the past couple of years, we have also gotten to know some of our members and their families and try to offer on-farm events and volunteer days (in fact, one is coming up) to get to know the community that makes up our CSA membership. However, we thought we would take some time to tell you a little about ourselves.

We met in 1999 at Northland College, an environmental liberal arts school in Ashland, WI. Megan grew up in the mountains Vermont but was drawn to Lake Superior, the small school, and the chance to ski the Birkebeiner. Growing up in Rochester, MN, Adam wanted the chance to pursue his love of the outdoors, and really, there is no better place to do this than at a school that has a major in Outdoor Education and Natural History and is surrounded by many rivers for whitewater kayaking. Although we couldn't have been more different in college (and somehow got paired together in class numerous times), we were meant to be. Just before graduation, we realized the love and admiration that we had for each other and decided to give our relationship a chance.

Now, because at the time we were young, adventurous, stubborn, and independent, much of the first three years of our relationship were spent apart or driving across the country to try something new with the other. In the years following our graduation from college, we lived in Wisconsin, Minnesota, Colorado, North Carolina, Tennessee, New Hampshire, and Norway. We worked as ski instructors, raft and kayak guides, farm interns, teachers, school bus drivers, substitute teachers, bakers, produce managers, painters, house sitters, and environmental educators. Between the two of us, we've skied the American Birkebeiner 7 times and shared our passion for the sport by teaching hundreds of people how to cross country ski. We've spent every Thanksgiving together since our relationship started spurring a passion for food that led us on a culinary adventure through 5 countries in Europe.

Reflecting back on that list, we've had a pretty darn good life, and the funny thing is, most of that took place in the first five years we were together. Although we probably didn't realize it at the time, much of that time in our life shaped the decisions we would make later. In 2008, Adam (finally) asked Megan to marry him, and we spent a lot of time shaping a wedding day that would really portray who we had become as a couple. We put a lot of work into making a completely local meal for our guests and using vendors that we knew personally. It was one of our proudest accomplishments and most special moments of our life.

Our wedding also marked a time in our life when we started to question, "What are we really meant to do?" We loved being outside working in our Colorado garden and eating good, fresh food. Megan had spent a season on a CSA and market farm in western North Carolina, and we both worked on a raspberry farm in Norway. And while farming might seem like a natural progression after reading these last two sentences, it certainly is not that easy, especially when neither of us grew up in farm families or knowing anyone that farmed.

...to be continued next week.

VOLUNTEER DAY COMING UP

The time has come to hand-weed carrots, and that is always a more enjoyable experience—and a much faster one—when done with other people. So mark your calendars for **Saturday August 23rd (10-12pm)** and come out to see the fields and lend a hand. Please wear close toed shoes and clothing appropriate for crawling on your hands and knees and bring a water bottle. If you can't make this date, stay tuned for a save-the-date for the Annual CSA Member Potluck.

Enjoy this week's harvest!

Your Farmers,
Megan, Adam, and Edith

[Click here to see our latest website Farm Update and to view photos.](#)

In Your Box This Week:		
	Where does it go?	
	Fridge?	Plastic Bag?
CUCUMBERS	yes	yes
Cool and refreshing on hot summer days. Try them on a sandwich with cream cheese or halved long ways with a dash of coarse salt.		
SUMMER SQUASH and ZUCCHINI	yes	yes
Try last week's recipe for Lemony Ricotta Summer Squash Galette .		
FRESH YELLOW ONION	yes	no
Because this is a fresh onion, it needs very little or no peeling.		
LEEK	yes	yes
Use the whites and light green parts; interchangeable with onions in recipes		
CELERY	yes	yes
Celery grown in northern climate has a strong flavor that we love. However, not everyone loves the intensity, so instead of eating it raw, chop into ¼" pieces and freeze in one cup portions. It adds wonderful flavor to soups, sauces, or how about Thanksgiving Turkey Dressing?		
GREEN PEPPER	yes	no
We are starting to see more peppers on the plants and try to encourage new growth by taking off some of the early fruit set.		
KALE	yes	yes
A little greenery in your box this week. Check the website if you need a recipe to try.		
NEW POTATOES	no	no
From Threshing Table Farm.		
GARLIC	yes	yes
The garlic harvest was superb this year. This variety is called Porcelain and is our largest variety.		
TOMATOES	no	no
The tomatoes are coming on a bit stronger now, so we should have them in the box for several more weeks. As noted in the newsletter a couple weeks ago, the black spots are from bacterial speck—really just cosmetic.		

Recipes

Kale Salad with Bacon, Egg and Potatoes

From your box: kale, potatoes

2 cooked potatoes, sliced into ¼ inch pieces
12 oz. bacon, cut into small pieces
1 bunch kale, stems removed, chopped somewhat finely
4 eggs

Mustard dressing:

¼ c. olive oil
1 ½ t. balsamic vinegar
1 t. mustard
½ t. honey
Salt and pepper

Heat 3 T. olive oil and fry bacon and potatoes until potatoes are almost golden. Add the kale and cook until tender. Season with salt and pepper and toss with most of the mustard dressing. Fry eggs in a skillet. Serve fried eggs on top of kale salad. Drizzle with remaining dressing.

Adapted from "Plenty"

Prosciutto Toasters

From your box: tomato, garlic

Finely chop fresh tomato and place in a small bowl. Drizzle with olive oil and toss in a minced garlic clove. Add a dash of salt and let sit for 5-10 minutes.

On a good crusty yet dense bread place a slice or two of prosciutto. Using a slotted spoon, top the prosciutto with some of the tomato mixture. Sprinkle with some grated cheese—we prefer gruyere for this—and some dried oregano.

Put a tray of the prepared bread under a broiler until cheese is melted and bubbly.

Enjoy!

What do I do with CELERY?

Northern celery has an intense and wonderful flavor that is great used in soups, sauces, and salads. However, if it is more than you can use, simply chop it up, place it in a ziplock bag, and freeze it (no need to blanch it first). Then, come winter, you'll have celery to add to your holiday stuffing or to hearty soups.

Eat Well, Feel Great!

Find other recipes on our website:

www.sweettopfarm.weebly.com