



## ONE POTATO, TWO POTATO

As we close out July here at the farm, we are officially transitioning into the summer crops. It seems like it has taken a long while to get here, but it is safe to say summer is here. We ran our first major irrigation set on crops this week. The next few weeks are a key time for certain crops as they put all their energy into setting fruit. In order to fully size up, some need an inch of water a week during this time of year. The vegetable plants are not able to store up any of the extra water that they received the last 2 months and will require us to irrigate if we do not get the necessary precipitation.

Usually by early July we are into a good rhythm at the farm. We know what needs to be done and certain things that need to happen on a regular basis. This year, like everything else, it took until late July to really hit our stride and start to have consistency in the fields and in our day to day life. One big improvement that happened last week is we were able to drive down to the fields. There is a grassy waterway on the west end of our fields that we have to cross and it has been wet and muddy since the snow melted. This might not seem like a big deal since it is a short walk down to the fields. However when you are farming with a very busy 9 month old you realize quickly that you need to bring down more than just some hoes, plants, and harvest tools to keep her entertained. Some days we are carrying more baby related items than farm items. Driving down to the fields we can now easily carry toys, a pack and play, a stroller, an exersaucer, a baby carrier, and if we are lucky, a happy sleeping baby. It has been an adjustment learning to farm with Edith in tow. She has been a good sport, and it always makes pulling weeds on your hands in knees a little more enjoyable when you have a smiling baby waiting for you at the end of the row.

In other farm news, we are starting to see a few tomatoes that are turning the slightest shade of red but most are still a few weeks away from being ready. Some of the early tomato leaves were affected by bacterial speck, a disease that is more prevalent in cool wet conditions like we had the last two months. Luckily, the new growth is looking healthier. The bacterial speck did set the plants back a little, and there might be a few cosmetic blemishes on the first round of fruit in a few weeks.

This is always an exciting time of year for us as we have emptied out the greenhouse and only have a handful of plants waiting to go in the ground. The empty tables will soon be full of curing garlic which will be harvested later this week. The fall carrots have germinated (yippee!) and are now visible as you look down the rows, and we are starting to see the first of the fall spinach sprout as well.

### A NOTE ABOUT POTATOES

After losing potatoes to rot last year, we made the decision before this season started to purchase potatoes for the CSA instead of risk losing another planting in what we figured would be a late spring. Sure enough, the cold, wet conditions of the past couple of months would have meant another crop failure this year. Threshing Table Farm, a CSA farm in Star Prairie and friends of ours, grow extra potatoes and agreed to grow enough for Sweet Top Farm this season. These new potatoes are the first of the season. The skins are very soft (do not peel them) and "slip" if you rub them. They are sweet and tender and a welcome treat in the box this week.

Enjoy this week's harvest!

Your Farmers,  
Megan, Adam, and Edith

In Your Box This Week:		
	Where does it go?	
	Fridge?	Plastic Bag?
<b>CUCUMBERS</b>	yes	yes
Yippee! There are plenty more cucumbers to come, but we had enough for everyone to get one this week.		
<b>SUMMER SQUASH/ZUCCHINI</b>	yes	yes
Hooray! Summer squash (yellow with green tips) and maybe a zucchini (green) to enjoy this week. Just the start of harvest, so there will be many more in the coming weeks. Pull out those squash recipes!		
<b>CIPPOLINI ONIONS</b>	yes	no
These little onions are great for grilling whole or sliced lengthwise. Sweet in flavor, they are also wonderful sautéed and put on burgers, in casseroles, and on pizza.		
<b>RED BEETS</b>	yes	yes
We have had an outstanding early beet crop. Try this week's sweet treat recipe for an especially delicious way to enjoy your beets.		
<b>GREEN PEPPER</b>	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. You might also find a <u>small hot pepper (jalapeno)</u> in your box as well.		
<b>RED KALE</b>	yes	yes
Do you make smoothies? Wash your kale, strip it off the stem, and freeze it. Add it to your smoothies to thicken and give a boost of nutrition. Also, try this week's recipe for Kale Pesto.		
<b>NEW POTATOES</b>	no	no
From Threshing Table Farm. Please see additional notes in the newsletter.		
<b>SCALLIONS</b>	yes	yes
A wonderful addition to just about anything. Great in this week's recipes for Lettuce Wraps. Use the whites and the greens, cooked or raw.		
<b>BROCCOLI or CABBAGE</b>	yes	yes
Only some boxes will have broccoli and the others will have a very small cabbage. The spring cole crops did not enjoy the prolonged moisture and their growth was stunted. Don't worry, the "fall" broccoli is only about a month away.		
<b>EGGPLANT</b>	no	no
The first few eggplant are ripening, so only about half of the boxes will have one this week. They are a small striped variety called Calliope.		

# Recipes

## KALE PESTO

From your box: Kale

1 medium bunch kale, center ribs and stems removed  
Kosher salt  
1 garlic clove, crushed  
1/4 cup finely grated Parmesan  
1/4 cup walnuts, toasted  
1/2 cup olive oil  
1 tablespoon (or more) fresh lemon juice  
Freshly ground black pepper

Blanch kale in a large pot of boiling salted water, about 1 minute. Drain and rinse with cold water to cool; wring dry in a clean kitchen towel. Transfer to a food processor, add garlic, Parmesan, and walnuts, and pulse until coarsely chopped. With motor running, add oil in a steady stream and process to a coarse purée. Add lemon juice and season with salt and pepper.

*Adapted from Bon Appetit*

## CHOCOLATE BEET COOKIES

From your box: beets

Makes about 3 dozen cookies

### **Ingredients:**

3/4 cup beet puree (about 1 large beet)  
1/4 cup buttermilk  
1 cup unsalted butter at room temperature  
1 cup sugar  
1/2 cup light brown sugar  
1/3 cup cocoa powder  
2 teaspoons vanilla extract  
1 tablespoon cider vinegar  
1/2 teaspoon salt  
1 egg  
2 1/4 cups all-purpose flour  
1 teaspoon baking soda  
1 cup chocolate chips

Boil the beet in a pot of water for 20-30 minutes, until beet is softened (until a fork can be pricked into beet easily). Remove beet from water and allow to cool. Peel beet and cut into cubes. Puree the beet and buttermilk in a blender until smooth. In a large mixing bowl, combine the butter and sugars. Mix in beet puree, cocoa powder, vanilla, vinegar, salt, and egg. Next mix in the flour and baking soda. Fold in chocolate chips. Place parchment paper on a cookie sheet. Spoon out balls of dough onto cookie sheet and bake in batches. Bake at 350 degrees for 10-12 minutes.

*From Budding Farmers (so it's kid approved)*

**Other recipes on our website using vegetables from this week's box:**

[Kale Caesar Salad](#)

[Tzatziki](#)

[Cucumber Salad](#)

[Mashed Potato Cakes with Onions and Kale](#)

[Chocolate Chocolate Chip Zucchini Cake](#)

[Kale Chips](#)

**Eat Well, Feel Great!**



Edith's favorite farm kitty making herself at home in the greenhouse.