



**CSA Newsletter**  
**Week Seven**  
**31 July 2013**

**A LITTLE HELP FROM OUR  
 (FARM) FRIENDS**

When we decided to move away from Colorado to become farmers, we were drawn back to the Midwest because of the support for small sustainable farmers. Over the past three years, we have become part of network of small farmers that cares more about helping each other succeed and less about the competitive aspect of running a business.

After an extended wet spring, we are sorry to report that we lost nearly 75 percent of our potatoes to rot. Germination was slow and very sparse, and after discussing this with other farmers in the area, we realized that there was no hope after a certain time that the other potatoes would sprout. This week, you are receiving some of the potatoes that did pull through; however, the season's supply is extremely limited. Know that we are choosing to harvest potatoes only for the CSA and will not be taking any to the farmers market.

We were forced with a tough decision to make: Do we tell our members that this is part of the risk involved in being part of a CSA and there will be no potatoes this season or do we purchase potatoes to supplement the boxes? After much conversation and weighing our options, we will be putting potatoes in the box later this season that will be coming from Threshing Table Farm in Star Prairie, WI.

Mike and Jody Lenz were two of the first farmers we met while working on Common Harvest Farm in Osceola, WI in 2011. They own and operate a CSA as well and have helped and encouraged us in our beginning years. Upon hearing about our potato loss, they shared with us that they had planted more than they would need this year and offered some of their crop to us. In a few weeks, we will start making the trip to Star Prairie to help with the potato harvest and will bring back some to put in your CSA box. Mike and Jody's generosity is overwhelming, and this is just one example of what wonderful people they are.

That being said, we must note that supplementing our CSA boxes with produce from other farms is not a common occurrence and requires us to weigh the pros and cons of doing so. We want you to understand that this is a unique and special circumstance *this season*. Your thoughts on our decision are important to us, and we welcome you to contact us with any comments or questions.

**VOLUNTEER DAY COMING UP**

Want to volunteer to help us with some weeding? The next volunteer day will be Monday August 5<sup>th</sup> from 5pm-7pm. We will be hand weeding carrots and would love to have several of you join us. If you can only come out for part of that time, that is just fine. Although hand-weeding can be a little tedious for kids, you are certainly welcome to bring them anyway and tour the fields. Please RSVP by email, and we will send additional information. We hope to see you then!

Enjoy this week's harvest.

Your Farmers,  
*Megan and Adam*

**In Your Box This Week:**

	Where does it go?	
	Fridge?	Plastic Bag?
<b>NEW POTATOES</b>	countertop	paper
Red potatoes that haven't formed a hard skin that storage potatoes have. We quickly rinse them to get some dirt off but might find some dirt on them still. Eat these soon since the skins are thin.		
<b>WALLA WALLA ONION</b>	yes	yes
A fresh onion with a sweet flavor. First of the season!		
<b>SUMMER SQUASH and ZUCCHINI</b>	yes	yes
Check last week's newsletter for a wonderful Baked Squash recipe		
<b>CUCUMBERS</b>	yes	yes
Fresh cucumber salad is a staple in our house. Slice thin, toss with herbs, red wine vinegar, and olive oil. Enjoy!		
<b>SCALLIONS</b>	yes	yes
Perfect addition to cucumber salad		
<b>RED or RAINBOW CHARD</b>	yes	yes
Large green leaves on bright stems. The stems are also edible and should be cooked a little longer than the leaves. Try this week's recipe.		
<b>SALAD MIX</b>	yes	Yes
Baby leaf lettuce—remember to wash before using		
<b>GREEN PEPPERS</b>	yes	yes
One bell and one Carmen pepper (long pointed). We have picked a few green peppers off the plants to encourage them to continue setting fruit. It will be several more weeks before colored peppers, but a green pepper is a nice addition to salad, stir-fry, fajitas, etc.		
<b>JALAPENO</b>	yes	yes
The small (approx. 3") pointed, small green pepper in your box. This is a HOT pepper, so use sparingly if you prefer just a little heat in your dish.		
<b>GARLIC</b>	yes	no
This is fresh garlic, not cured, which is what you will get from us later in the season when the skin has turned papery. It will need to be stored in the fridge until used up and is quite strong—a little goes a long way!		
<b>GREEN CABBAGE or BROCCOLI SHOOTS</b>	yes	yes
A small green cabbage that is tender and sweet or broccoli side shoots		
<b>DILL</b>	yes	yes
Delicious added to cucumber salad		

# Recipes

## **Swiss Chard Gratin**

*From your box: Chard, Onion*

- 1 bunch of chard
- 1 cup fresh breadcrumbs
- 2 teaspoons melted butter
- 2 tablespoons butter
- 1 onion, diced
- Salt
- 2 teaspoons flour
- 1/2 cup milk
- A pinch of nutmeg

1. Wash and stem the chard. Save half the stems and slice them thin. Bring 2 quarts of salted water to a boil and cooked the sliced stems for 2 minutes. Add the chard leaves and cook until tender, about 3 minutes. Drain and cool. Gently squeeze out the excess liquid from the stems and leaves and coarsely chop them.

2. Toss together the breadcrumbs and the melted butter. Toast on a baking sheet in a 350-degree oven, stirring now and then, until lightly brown, about 10 minutes.

3. Melt 1 1/2 tablespoons of butter over medium heat in a heavy-bottomed pan and add the diced onion. Cook over medium heat until translucent, about 5 minutes. Stir in the chard and season with salt. Cook for 3 minutes. Sprinkle with the flour and stir well. Then add the milk and nutmeg and cook for 5 minutes, stirring occasionally. Add more milk if the mixture gets too thick. The chard should be moist but not floating in liquid. Taste and add salt if needed.

4. Butter a small baking dish. Spread the chard mixture evenly in the dish and dot with the remaining butter, cut into bits. Sprinkle the breadcrumbs evenly over the top. Bake in a 350-degree oven until the gratin is golden and bubbling, 20 to 30 minutes.

*Adapted from Alice Waters' The Art of Simple Food*

## **New Potatoes with Dill Butter**

*From your box: potatoes, dill*

- 1/4 cup (1/2 stick) unsalted butter, room temperature
- 2 tablespoons (packed) coarsely chopped fresh dill plus more for garnish
- Kosher salt, freshly ground pepper
- 2 pounds new potatoes or other small potatoes
- 1 tablespoon crushed toasted caraway seeds (optional)

Mash butter and 2 Tbsp. dill in a small bowl. Season dill butter with salt and pepper. Place potatoes in a large pot. Cover with cold water by 1 inch; season with salt. Bring to a boil; reduce heat to medium and simmer gently until tender, 10-12 minutes. Drain. Transfer hot potatoes to a medium bowl; add dill butter and 1 Tbsp. water. Toss, adding water by teaspoonfuls as needed, until butter lightly coats potatoes with a glossy sauce. Season with salt and pepper and transfer to a serving bowl.

*Adapted from [bonappetit.com](http://bonappetit.com)*



Above: Megan and Emma harvesting garlic.

Middle: Garlic curing in the greenhouse.

Bottom: Garlic cleaned for this week's CSA box.

