

Monroe Family Organics

CSA Newsletter

JUNE 29, 2013

Hello everyone! We hope you are enjoying your veggies so far!

Farm Update

This last week our crops grew very quickly, and the last rain has pushed growth even more! Our potato plants really look nice, and we can see a lot of little potatoes forming fast. The blueberry bushes are loaded and falling over right now under the weight of the berries. Fred ate one of the first ripe blueberries on Friday, though the rest need a little while to mature before you see them in your share. Our strawberry plants produced a lot more berries than we initially anticipated, and many of you will see them in your share again this week. Our chickens are still not laying as well as we want, but our pigs are growing very fast right now. Our tomato vines are growing about a foot a week in the coldframes, and we are starting to see a lot of green cherry tomatoes starting to form on the vines. We have had some trouble with cucumber beetles on the squash and cucumbers, although there has been less pressure this week than last week. Once again our Brussels sprout plants are looking really nice, and we anticipate a very good crop for fall if they continue to grow as vigorously as they have been over the last few weeks. Weeding has been a major chore over



We had a few of these kohlrabis as a choice in last week's shares, and there will be quite a few more this week. Be sure to check out our recipe for Crispy Kohlrabi Medallions.

the last couple weeks with the moisture and heat, but we are staying well ahead of them with the help of our field crew.

We know that many people intend to be out of town this week for the 4th of July holiday, so if you aren't going to be at your normal drop-off, please let us know. You can either postpone your share and get a double share next week, pick up at one of our other drop-offs this week, or have a friend pick up for you. We have already heard from several people who will be gone, but if we haven't heard from you yet, please let us know. Thanks!

Have questions or comments? Email us at mforganics@yahoo.com or call Michele at

517-896-6884.

Veggie Recipes for Your Summer Cookouts!

One of the best parts of summer is having cookouts with family and friends! With the 4th of July coming up this week, many of you probably have a celebratory meal planned. Here are some great ways to use your CSA share for your summer cookout!

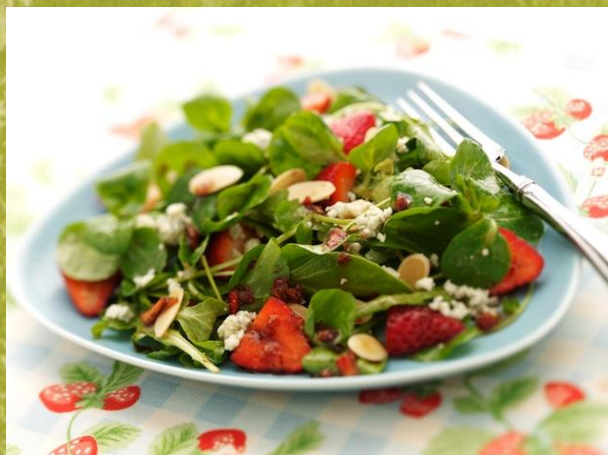
Strawberry Salad

Ingredients

5 medium strawberries
2 tablespoons balsamic vinegar (plus extra for berry puree)
1/3 cup fruity virgin olive oil
3/4 tablespoon sugar
1 (6 ounce) bag salad greens (baby bitter greens mixture i.e spinach, arugula, mache, watercress or all spinach 5 ounces)
remaining strawberry, sliced
1/3 cup packaged oven-roasted sliced almonds (optional)
4 ounces bleu cheese or feta, crumbled

Directions

To make the dressing, whirl a few of the strawberries in a blender with a dash of balsamic vinegar until pureed (or mash by hand). In a small bowl, whisk the 2 tablespoons balsamic vinegar, olive oil and sugar until well blended. Whisk in pureed berries. Place greens in salad bowl. Add desired amount of dressing and toss. Add almond slices and bleu or feta cheese and lightly toss. Serve immediately.



Strawberry Salad

What to Expect in This Week's Share

- ❖ Bok choy or kale
- ❖ Strawberries, carrots, or beets
- ❖ Snap peas or broccoli
- ❖ Green onions or frisee
- ❖ Kohlrabi or dill
- ❖ Edible nasturtiums, leeks, or summer squash
- ❖ Lettuce, spinach, or Swiss chard



Baked Kale Chips

From www.allrecipes.com

Ingredients

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.



Crispy Kohlrabi Medallions

Ingredients

Kohlrabi (or summer squash)
1/2 cup milk
1 cup flour
1/2 tsp salt
1/2 tsp black pepper
Oil
Sour cream for dipping
Green onions, finely chopped

Directions

Peel kohlrabi and cut into slices no thinner than 1/4" thick. Boil them for about 10 minutes; they don't have to be done. If you use summer squash, you don't have to boil them after cutting into slices.

Pour milk into a bowl. In a separate bowl, add flour, salt, and pepper. Dip each medallion in the milk, then dip into the flour mixture. Make sure each side is coated. Once all medallions are coated, drizzle some oil into a frying pan. Add kohlrabi and fry for 3-5 minutes or until bottoms of medallions are golden brown. Remove from pan to a plate with paper towels.

Stir green onions into sour cream. Put in a bowl for dipping. Enjoy!