



Box contents

Small share:

½ pint black raspberries
 1 bunch beets
 1 bunch Hakurei turnips
 1 lettuce head
 1 bunch mint
 1 bunch green onions
 2 zucchini
 1 bunch chard (Tues.) or kale (Thurs.) – next week switch
 1 head broccoli (Tues., next week Thurs.)
 (Next up...onions, beans?)

Regular share additional items:

1 bunch basil
 1 pint peas
 2 kohlrabi

Farm News

We hope everyone had a nice holiday weekend. We caught up on some weeding and mowing, but also had some time to relax with friends and family, and enjoyed grilling, playing lawn games, and watching a local firework show. It's black raspberry week at the farm (and we have the scratches to prove it). Also called black caps, these delightful berries grow wild at the farm. Not quite blackberry, and not quite raspberry, black raspberries have their own unique flavor. We enjoy snacking on these plain, or over a bowl of vanilla ice cream or mint granita (see recipe at right). CSA member Sara wanted to share a tasty dessert she made recently using CSA zucchini (we can all use more ideas for zucchini this time of year!). See attached for a recipe for blueberry zucchini cake with lemon buttercream frosting. Yum! We do a lot of work to restore our prairies and provide good wildlife habitat on our farm, though sometimes that comes back to haunt us. We do have a number of deer around, and over time we've learned which crops are their favorite so we can better protect them. We have an area fenced in that contains all their favorites – beets, chard, and lettuce. With this extra protection, our beets have grown well and are finally ready for the boxes! Remember that beet greens can be eaten too and are very healthy. Beets and chard are related, so if you like chard chances are you'll like beet greens. We think both are delicious sautéed with a little goat cheese.

Recipes & Storage Tips

Beet Zucchini Salad

<i>1-2 zucchini</i>	<i>3-4 beets</i>
<i>1 cup walnuts</i>	<i>4 oz. crumbled blue cheese</i>
<i>1 T. olive oil</i>	<i>1 T. balsamic vinegar</i>
<i>½ tsp. garlic powder</i>	<i>Salt and pepper, to taste</i>

Chop off beet stems and place roots in cold water. Bring to boil, reduce to medium heat, and cook for ~45 min. until tender. Meanwhile, spiralize, julienne, or finely chop zucchini and place in a bowl. Rinse beets under cold water, and dice into cubes. In a bowl, mix together beets, chopped walnuts, half of the blue cheese, olive oil and balsamic, and spices. Place the beet mixture over zucchini, and sprinkle with remaining cheese.

Mint Granita

<i>1 bunch mint</i>	<i>Pinch salt</i>
<i>½ cup sugar</i>	
<i>2 cups water</i>	

Put mint leaves, salt, sugar, and water in a saucepan. Bring to a boil, stirring, just until sugar dissolves. Strain over a 2" deep baking pan, letting syrup, but not mint leaves, drain into a pan below. Put on a flat surface in the freezer for 30 minutes. Using a fork, scrape to break up frozen parts, and repeat 30 min. freeze/scrape until it resembles shaved ice (~2 hrs.). Eat plain in bowls, or serve with some black raspberries on top!

Tips: *Black raspberries:* Store in fridge for a few days. Eat them quickly, plain or over vanilla ice cream. *Beet:* Cut off leaves and stems about 1-2 inches above the root crown to maintain firmness of beet roots. Store in the hydrator drawer of the fridge. Beet greens are best used fresh; however, greens can be stored in a damp cloth or plastic bag in the refrigerator's hydrator drawer. Beets do not need to be peeled, but rather can be scrubbed clean. Beets are tasty in salads (cooked or raw), cubed and put in soups, steamed and sliced, or grilled. *Broccoli:* Store in the hydrator drawer of the refrigerator. Broccoli can be eaten raw – add it to salads, or pair with a dip. Cook broccoli florets in quiches, casseroles, sautés, on top of pizza, etc. See our [broccoli page](#) for more tips and simple recipes.