

Farm Of Plenty Summer CSA

Week 4 – August 8, 2011



FOP News

We asked for rain and we received! In fact, 6 inches of rain in the past week and a half!! Some plants and areas of the field loved it and others found it a bit excessive. After a day and a half to soak in, here are some photos from Sunday evening.

LOOKING GOOD!

A LITTLE TOO MUCH



Five Stars in the Field

Our Third Annual “Five Stars in the Field” local foods dinner is scheduled for Saturday, August 13. There are still tickets available and we’d love to see you there! Both CSA members and non-members welcome and all proceeds from ticket sales and the silent auction are being donated to three local charities:

- 1) Salvation Army Food Shelf
- 2) Hunger Free Morrison County
- 3) Sharing Bread Soup Kitchen

It’s a win-win evening! Your donation stays local and helps families in our communities, while you enjoy the following menu:

- Lobster and Chicken Wonton appetizer
- Delicious pork tenderloin (entrée 1)
- Vegetables are the Star! (entrée 2)
- Chicken with FOP veggies (entrée 3)
- Almond cake with grilled peaches for dessert

****Our chefs will prepare vegetarian selections for those who prefer to avoid meats.****

There’s a nice little motel just a couple of miles away in Randall if you’re coming from out of town and want to stay in the area. Let us know if you need contact info!

Get your tickets at www.farmofplenty.com. Those local to Brainerd can also purchase tickets at the Crow Wing Food Co-op.

This Week’s Shares

This week you’ll receive a combination of vegetables that will include some of the following:

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|------------|---------------|
| sweet corn | summer squash |
| carrots | green beans |
| cucumbers | radishes |
| potatoes | onions |
| shallots | beets |
| broccoli | cabbage |

There’s no central air at my house, so we cook on the grill as much as we can during the summer! If you haven’t grilled your sweet corn before, I’d encourage you to give it a try. Some people like to soak it in water prior to grilling but I’ve never done that and it always turns out great. Just lay the un-shucked corn on the grill rack over medium heat. Keep grill cover closed, turn corn after 6-8 minutes and grill for another 6-8 minutes. Flavor seems much better than with boiled sweet corn. Enjoy!

Recipes

We have five different cookbooks for you to check out. The following link will take you to the cookbook page on our website:

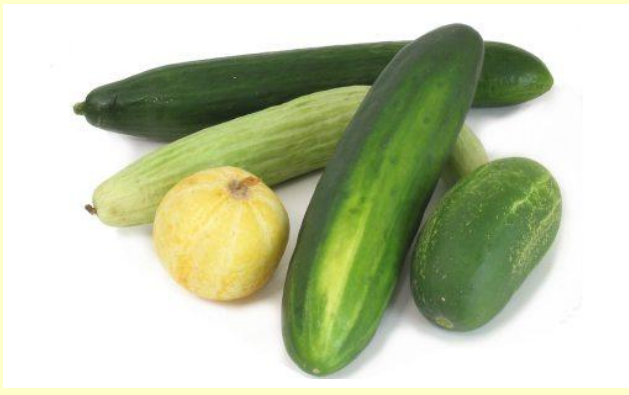
[Cookbooks](#)

If you find a new favorite, let us know!



Summer Squash

Unlike winter squash, summer squash can be eaten rind, seeds, and all. The different varieties vary in size, shape, and color, but they can be used interchangeably in recipes.



Cucumbers

These gourd relatives are crisp, cool, and juicy. **Pickling cucumbers** are usually smaller than slicing cucumbers, and often have thick, warty skins.



Radishes

With their crisp texture and peppery flavor, raw radishes are great in salads and on crudité platters. They can also be cut into attractive garnishes.



Shallots

Shallots are shaped like small brown onions with papery brown skins. They have a more delicate, garlicky flavor than other cooking onions.



Kohlrabi

A kohlrabi resembles a turnip, only it's sweeter and more delicately flavored. It's light green and can be eaten raw or cooked. Peel before using.

New Potatoes

Immature potatoes harvested during the spring or summer are called *new potatoes*. New potatoes are not a separate variety of potato, but younger versions of other varieties. The skin of new potatoes is generally thinner and flakier than the skin found on older potatoes. For this reason, new potatoes are rarely if ever peeled before cooking. You may just want to wash the new potatoes thoroughly and keep them unpeeled. Because new potatoes are very small in size, they are well-suited to boiling and roasting. Boiled new potatoes retain their shape and texture.