

Farm Of Plenty Spring CSA

Week 10 - June 27, 2011



Final Delivery for Spring CSA

Thank you very much for your participation in the Spring CSA!! We hope you enjoy your last delivery. Many of you are signed up for the Summer CSA and we look forward to growing for you through the next season as well!

Flowers and Plants!!

The limited time offer for flowers and plants is coming to an end very soon. If you want to order one of these beautiful bundled shares, please be sure to place your order on or before June 30th. We also plan to offer similar bundles next year, so plan ahead to get one of these amazing deals next spring! To view the flowers and for additional information, please follow this link: http://www.farmofplenty.com/Flowers_and_Plants.php

Farm-Style Veggie Frittata

INGREDIENTS:

| | |
|-------------------------------|----------|
| 6 eggs | potatoes |
| ½ C milk | broccoli |
| 1 ½ C shredded cheddar cheese | garlic |
| | onions |

DIRECTIONS:

1. Turn oven onto low broil, with top rack about 8 inches below heating element. Steam the broccoli and bake the potatoes. Chop them all.
2. In a large bowl, whisk eggs and milk together with salt and pepper to taste.
3. In a skillet (oven-safe), heat some olive oil and sauté the garlic and onion until tender. Add chopped baked potatoes and chopped, steamed broccoli. Pour egg mixture over veggie mixture. Sprinkle cheese on top.
4. Cook, without stirring, on stovetop. After a couple of minutes, put the skillet into the oven to let the top of the frittata broil. When it is firm or lightly browned, it is done.

We'd like to thank all of our pick-up site hosts for making it possible for us to deliver to so many different locations!

Farmer Al, Jim and Julie

info@farmofplenty.com

218.833.2367

Your CSA Boxes

If you are also a member of the Summer CSA, please just bring your box from this delivery back to your pick-up site the week of July 11th, when you come to get your first Summer share. If you're not part of the Summer CSA, we thank you in advance for thoughtfully returning your box from your final delivery back to your pick up site so we can re-use it this summer.

And In This Week's Share...

This week, you'll find kohlrabi, spinach, cabbage, green beans, red leaf lettuce, green leaf lettuce, kale, broccoli, asparagus, radishes, onions and 7 Grain Bread in your share. Kale has crazy amounts of vitamins K, A and C! Have you tried Kale Chips yet? If not, go to our website and look up the newsletter from the week of May 9 or just click here:

http://www.farmofplenty.com/uploads/Wk3_May9_1_.pdf

Summer CSA

Our Summer CSA has sold out but you can still sign up for the wait list, in the event we are able to extend our CSA or offer a "mini mid-summer CSA". Sign up for the waitlist at <http://csa.farmigo.com/join/farmofplenty/2011> so you'll be among the first contacted if we have room to add members.

Who's your farmer?

We still have some FOP "Who's Your Farmer?" T-shirts available. If you want to see photos or order one, log into your account at csa.farmigo.com/account/farmofplenty and click on Web Store.

Parmesan Kohlrabi with Chops

INGREDIENTS:

| | |
|---------------------|-----------|
| Butter | ¼ C water |
| ¾ C Parmesan Cheese | Kohlrabi |
| 1 lb Pork Chops | Parsley |

DIRECTIONS:

1. Season the chops. Sear them in butter. Cover and reduce heat, cooking on simmer with water
2. Peel kohlrabi and shred with grater or food processor
3. Sauté the kohlrabi in butter over medium heat, stirring often, until tender (about 8 minutes)
4. Add parsley and serve immediately.