

May Farm News

MINNESOTA FOOD ASSOCIATION

SALSA IN THE BOX

WHAT'S IN THE BOX?

- Sweet Corn!
- Red Onions
- Green and Purple Peppers
- Cucumbers
- Lotsa' Tomatoes
- Cilantro
- MELON
- Jalapeno/hot wax peppers
- Garlic

WHAT'S GROWIN' ON?

- Tomatoes
- 1 more week of Sweet Corn
- cucumbers
- Red Peppers
- Edamame

Farm News

We have seen more rain this month of August than we have seen May- July combined. That is allowing the Fall crops to really shape up nicely. I just spotted the first head of Broccoli today So in the next couple of weeks you could be seeing some broccoli in the box for the first time this year.

This weeks box is probably the most cohesive box we have had this year. Everything is coming in at the right time and in the right amounts. So I will officially designate this as a SALSA box. I'll put a recipe on the back, but really you shouldn't have much trouble making up

something good with these ingredients in the box.

I am also making the decision to cut back the amount of corn to make room for MELONS. I write MELONS in capital letters because they take up a lot of room. Last year many people said they were getting too much corn at once, so I figure a little less corn and a lot more melon will probably please most everyone.

You may also notice that some of your Tomatoes are not perfectly ripe, That is because in past years we have had people say they would prefer that they have a few less ripe tomatoes so that they will last

through the week. So we are doing our best to give you a nice mix of both ripe and a little less ripe. Hoping that it turns out good for everyone.

We are also getting into all those great peppers that are not typically not found in the grocery store. The long tapered Yellow peppers are Hungarian Hot Wax Peppers on a scale of 1-5, 5 being the hottest those are a 2. the small green pepper are jalapeno those are a 3-4. 4 if you keep the seeds in. and if you happen to get a long thin red pepper those are sweet not hot, and the wider red ones are sweet as well, both good roasting peppers.

Questions? Call
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RECIPES

Bruchetta

Diced Tomatoes 2-3

2 Tbls olive oil

2 Tbsp chopped Basil

16- 1/2 Inch thick sliced baguette slices

3 C mozzarella cheese

Stir together tomatoes basil garlic oil. Spoon over baguette slices, and toast in oven on 300 for 5 min. or until crisp.

Sweet Corn Soup

3 Tbsp butter

2 large yellow onions

1 Tbs salt

1/2 tsp black pepper

1 Tbsp sugar

1/4 tsp red pepper flakes

12 ears sweet corn

3 Cups Cream

3 Cups whole milk

2 Tbsp garlic or chives

Melt butter in 6-8 quart stockpot. Sautee onions, garlic, salt, pepper, sugar, pepper flakes stirring until all the moisture has evaporated. Add corn cream and milk, bring to a boil and cook another 20 minutes. Cool to room temp and puree in blender in small batches. Blenders work better than food processors for this. Season to taste and re-heat.

May Farm Pesto

Pesto bunch of Basil, leaves removed

1/2 head garlic

1 C olive oil

2 Tbsp salt

1-2 C nuts of choice (almonds, pine nuts)

pinch of Brown sugar

1/2 Cup parmesan cheese or Romano cheese.

Add all ingredients to a food processor, mix. Add water if mixture is sticky serve over hot pasta or spread on bruchetta.

Storage Tips;

If you find yourself with too much corn, try cutting it off the cob and putting it in a freezer bag. Lightly cooked or raw will work fine

The same will work for summer squash and zucchini, cut into 1/2 inch pieces boil lightly for 3 minutes and pack into freezer bags leaving 1/2 inch head space.