

CSA Newsletter



Week 10:
8/7/18 & 8/9/18

Box contents

Small share:

1 head lettuce
Tomato medley
1 bunch celery
1 yellow onion
1 zucchini
4 cucumbers
1 bunch parsley
1 ½ lb. Red Norland potatoes
1 bunch collard greens (Thurs. only)
1 bunch dill
(Next up...green beans, tomatoes, cukes, peppers)

**Regular share
additional items:**
1 bag carrots
1 green bell pepper
Extra zucchini

Farm News

Well, this week we are officially half way through the 20-week CSA season! We hope you've been enjoying all the fruits and veggies so far. There's lots more good stuff to come. If you have a few minutes to fill out our ten-question, [mid-season survey](#), we always welcome feedback on what we're doing well and what we can improve for the rest of the season and in future years. We're also coming up on our **summer potluck**, scheduled for **Saturday, August 18th from 12-4pm**. It is always fun for us to have more time to chat with CSA members and show everyone exactly where and how we grow the fruits and veggies that we put in the boxes every week. We'll give a tour of our produce fields, stream, wetland, scrape, prairie, barn, pack shed, and chicken run. We'll have some lawn games out too. We'll hope for nice weather, but will plan to hold the event rain or shine, as we can always enjoy eating and chatting in our beautifully restored barn. We recommend wearing farm-appropriate (i.e., can get a little dirty) clothes and shoes/boots. We hope you can join us! **Please RSVP** to Chelsea (chelsea@plowsharesandprairie.com) if you can make it so we have a sense of numbers, and bring a dish to pass. If you're not able to make it out to the farm during this busy time of year, remember there is another chance during our fall pumpkin and cider event on October 13th.

Recipes & Storage Tips

Celery Soup

1 bunch celery, stalks chopped and leaves reserved
2-3 medium potatoes, chopped
1 onion, chopped *½ cup butter*
3 cups chicken (or vegetable) broth
¼ cup dill, chopped *½ cup heavy cream*
Sea salt and olive oil, for serving

In a medium saucepan over medium heat, combine celery, potato, onion, and butter. Season with salt, to taste. Stir and cook until onion is tender (8-10 minutes). Add broth and simmer until potatoes are tender (another 8-10 minutes). Add dill, and purée with an immersion blender (or transfer to a blender). Strain. Stir in cream. Serve soup topped with celery leaves, sea salt, and olive oil.

Apple-Celery Juice

2 celery stalks, cut into 3-inch pieces
1 Granny Smith apple, cored and chunked
1 2-inch piece ginger, peeled
½ bunch of parsley, including stems
1 ½ T. lemon juice
Juice celery, apple, ginger, and parsley in an electric juicer. Mix in lemon juice.

Tips: *Celery:* Store celery bunch in the crisper drawer of the refrigerator wrapped in aluminum foil. Or, store trimmed stalks in a container of water. Adds a fresh flavor to raw salads, stir fries, and juices. Kids love the classic [ants on a log](#) for a healthy snack. *Parsley:* Store in a damp paper towel in the refrigerator, or place stems in a cup of water in the refrigerator (like a bouquet of flowers). Parsley is best used fresh, but will last for up to a week. Parsley can also be dried for longer-term storage. *Dill:* Store in a damp paper towel in the refrigerator, or place stems in a cup of water in the refrigerator (like a bouquet of flowers). Dill is best used fresh, but will last for up to a week. Dill can also be dried for longer-term storage. *Tomatoes:* Store at room temperature in a ventilated space (take out of the plastic bag). Wash just before eating. Remember to check the [2018 Tomato Guide](#) for descriptions of the specific varieties.