



Recipe Corner:

Smashed Turnips with Horseradish (*www.CautiouslyDomestic.com*)

- 1 bunch turnips
- 1 tbsp olive oil
- 1 tsp coarse salt
- ¼ cup sour cream
- 1 tbsp prepared horseradish
- 4 green onions, white and greens chopped

1. Remove the greens and stems, save for a salad or sauté. Scrub the roots and cut any larger turnips in half so all the roots are about the same size.
2. Place turnips in a medium pot and cover with water. Bring to boil and cook until fork tender, about 20 minutes.
3. Remove turnips from heat and drain away water. In the same pot, mash turnips with a fork or mashing tool until you have a slightly chunky consistency.
4. Add olive oil, salt, half of the sour cream and half of the horseradish to the mixture and stir gently to combine.
5. Taste and add the remaining sour cream and horseradish to taste and for the right consistency. Depending on the size of your turnips you may or may not need the full amounts.
6. Divide into portions and generously sprinkle each with green onions. Serve hot.

What's in the box?

- **Heirloom Dwarf Blue Curled Scotch Kale**
- **Heirloom White and/or Purple Vienna Kohlrabi with Edible Greens**
- **Heirloom Cabbage**
- **Heirloom Collards**
- **Heirloom Cucumbers Mix**
- **Summer Squash Mix**
- **Mild/Hot Pepper** (*only enough for one per share right now!*)
- **Hakurei Salad Turnips**
- **White Scallions Bunch**
- **Spring Broccoli or Bush Beans Mix**
- **Fresh Greek Oregano**
- **Fresh Thyme**



Storage Tips:

- Greens/Kale/Collards - glass container or mesh produce bag (*paper towel optional*).
- Roots (kohlrabi, turnip) - wrap in paper towel, store in open plastic bag in crisper (*remove greens/store separately for longest shelf life*).
- Bunching onions - if you have the room/interest, they do great standing in a clear jar of water with or without a plastic bag over them on the counter near a window (*harvest the tops, keep in water, they'll regrow!*), otherwise wrap paper towel around them & keep them in the crisper.
- Fresh herbs - soft-stemmed herbs (*basil, cilantro, parsley, etc.*) do best in a clear jar of water with or without a plastic bag over them and stored in the fridge (*basil, on the counter*). Hard-stemmed herbs (*rosemary, oregano, thyme, etc.*) do great wrapped in a damp paper towel, then loosely in plastic wrap or airtight container and stored in the crisper.
- Broccoli - fresh broccoli doesn't keep long! Mist the heads and wrap in paper towels and store in the fridge.
- Cucumbers - last the longest stored at room temperature (not in the fridge!) Keep away from bananas, tomatoes, and melons because of the natural ethylene those vegetables produce - cukes are highly sensitive!
- Beans - store in the fridge in an airtight, moisture-free container. Do not wash until use.
- Summer Squash - store in the fridge in a plastic bag, removing as much air as possible. Do not wash until use.

We're gaining momentum out there in the fields. So many crops ready to pop! Now if this weather would just cooperate ...

That's the thing about farming that we learned early on. It's all a risk. It's all a challenge. It's all plan B. It's all hard work. But harvest day ... that's where it all comes together. Your enthusiasm. Your culinary creations. Your daily support. That's what makes it all worth it. Thank you!

We hope that you enjoy this week's bounty and welcome the new addition of salad turnips, cabbage, pepper, oregano, and thyme.

To good real food!

Upcoming Event:

- Saturday, July 19th (10am-2pm) **Eat Local Farm Tour** (*free/open to the public*)
 - Bossy Acres, Humble Pie Farm, Gardens of Eagan - 3 farms in 1!
 - Kids' activities, tractor tours, food, market booths, fun, meet your farmers

Next CSA Pick Ups:

- Week 5 (*July 22nd and 24th*) - full AND mini shares (*please return your boxes!*)
- Week 6 (*July 29th and 31st*) - full shares only (*please return your boxes!*)