

The Luscious Season of Strawberries



We have always said that early July is, or at least feels like, the hottest part of summer. Warmer summer days do come in later July and August, but there is something about the heat and humidity of the volatile thunderstorm season of early July that has never failed in it's arrival, and has always ushered in the true feel of summer. With the cool summer we've had to date, one that we anticipate returning, the 80 degree heat, humidity and thunder boomers of the last two days came with full glory, finally, a gift to the crops, vegetables and strawberries alike! In our minds, the heat of early July is synonymous of strawberry season. And it's a luscious season to behold. After working in the "dogged" heat, full days of physical field and forest work, when the heaviness of food is not craved but renewed energy is needed, there is nothing like the experience of devouring fresh strawberries to satiate the belly and refuel the body. Strawberries are one of the most pleasant food offerings of the season. They make the heat and humidity of early July almost bearable!



We receive the strawberries for our CSA from the Kunnari family of Gilbert, Minnesota. The Kunnari's started their family garden back in 1987 when they first planted strawberries. Over the years, their backyard garden grew to include vegetables and expanded strawberry production. They began selling at a local farmers market in the 1990s and in 2005, purchased land in Virginia to run a daily farmers market. Few farmers take such a leap to create their own direct market niche such as the Kunnari's have. It's impressive, as has been their success as a family farm. We are happy to have connected with the Kunnari family to supply our members with fresh, local strawberries, and are excited to be picking up strawberries this week! If you find you're looking for a larger supply of strawberries, consider picking your own at the Kunnari Farm or purchasing pre-picked berries at *Kunnari's Kitchen, Coffee House and Farm Market*, located in Virginia, Minnesota. For more information about strawberries or the store, visit: WWW.KUNNARIS.COM.

Know Your Farmers! Cree & Jason Bradley, Joe Holtz, Ruby Mountain, Gunnison & the Chickens!

2995 Highway 3, Two Harbors, Minnesota 55616

chelseamorningfarm@gmail.com ~ 218.834.0846 ~ www.chelseamorningfarm.com

Travel northeast on Hwy 61 past Two Harbors to Hwy 3 (just past Betty's Pies).

Turn left on Hwy 3. Travel 8 miles to the farm at address #2955 (farm) and #2995 (house).



Recommendations For Must Have CSA Items:

Coconut Oil

Bragg's Liquid Amino

Season Salt Cast Iron Pan

The Bradley family couldn't recommend the above items more for CSA members! When time is tight, and you're not sure what to do with the veggies, many of them grill up wonderfully in a cast iron pan (we put ours right on the grill), tossed with coconut oil, Bragg's and Redmond's Natural Season Salt (any will do!). Add meat or beans for a meal!



Harvest Week 1 - What's In Your Basket!

Please be sure to wash your produce before enjoying it. Thanks!

- Salad Greens: Mesclun, a mix of sweet Ruby Red lettuce with tangy and spicy greens and herbs including Arugula, Kale, Endive, Greenwave Mustard, Mizuna, and Tatsoi.
- Strawberries: From Kunnari's River Acres Farm, Gilbert MN.
- Onions: Green-top onions (use entire plant in cooking or salads).
- Chinese Cabbage: Mei Qing Bok Choi, a baby choi (chop and use the stalks and greens fresh or cooked - we enjoy it sautéed with black beans and cumin!).
- Kale: Red Russian and Dwarf Blue Curled kale mixed.

Photo: High Tunnel with kale, chard and bok choi covered for organic flea beetle control.



Notes from Jason and Cree...



Photos: Joe, Cree's father, has become our steadfast mechanical cultivator of crops using the Allis Chalmers Model G tractor, a task he prefers and gravitates towards as a tractor guy (though the non-hydraulic cultivator lift bar is taking its toll on his shoulder). Cultivation of the entire field, a two-day task, happened over the Forth of July holiday. Cree and Jason finished planting crops, while Joe cultivated the crops (the weeds!) that are growing.



It's a new CSA season and with it, we've experienced a plethora of joys and challenges. While we only begin delivery of shares tomorrow, it is remarkable that really, the farming season hits it's halfway mark today. Early April is our start, seeds planted in the greenhouse, daily care and transplanting of crops quickly leads to planting the field. With never enough time, we barely catch our breath from the hard work of June, by far our busiest month, then deliveries begin. In some ways, there is relief for a farmer in this passage of time. All the hard work leads to the opportunity to harvest crops. While the work continues, so too, comes the outcome of the hard work - our CSA crate to you. Each week will bring more food (well, we hope!), more reward, the bounty of the summer and fall crops so beautiful. After such a record breaking warm winter, the later spring and summer has trended towards the cool, coupled with plenty of moisture. A little over a week ago, we were 212 growing hours behind schedule due to the weather. The good news is that to our surprise, we have not yet flooded where our crops take a turn. Instead, there is vibrancy, a deep rich green, that excites us by our crops health. There is no question, the season is behind, the harvest slim because of it. The plants have been patiently waiting summers arrival. But we look forward to what's ahead.

This Lonely Lovely Land

I stood transfixed by the view, special appreciation of places far off the beaten path, deep emotions it evoked, done little justice by the photo itself. The rainbow was gorgeous, the land full of life - the water, reeds, sky, snag and color - and yet so lonely. I could hardly look away, the tension was the draw. The rainbow appeared after a good thunderstorm, short burst of a storm chased by the sun, leaving the brilliance of color, life and loneliness in its wake.



Photo: A small wetland pond in the western Slate Lake area. Our off-farm moth work takes us to very special places.

Strawberry Mint Grilled Chicken

Even without the chicken, this sauce looks great! Alicia Duerst from Menomonie, Wisconsin stated: "We use fresh strawberries for this saucy dish. Love it with fresh spring greens and a sweet white wine."

1 tablespoon cornstarch 1 tablespoon sugar 1/8 teaspoon ground nutmeg 1/8 teaspoon pepper
1/2 cup water 1 cup fresh strawberries, coarsely chopped 1/2 cup white wine or white grape juice
2 teaspoons minced fresh mint 4 boneless skinless chicken breast halves (6 ounces each)
1/2 teaspoon salt 1/4 teaspoon pepper Sliced green onion

In a small saucepan, mix the first five ingredients until smooth; stir in strawberries and wine. Bring to a boil.

Reduce heat; simmer, uncovered, 3-5 minutes or until thickened and strawberries are softened, stirring occasionally. Remove from heat; stir in mint. Sprinkle chicken with salt and pepper.

On a lightly oiled grill rack, grill chicken, covered, over medium heat 5-7 minutes on each side or until a thermometer reads 165°; brush occasionally with 1/4 cup sauce during the last 4 minutes.

Serve with remaining sauce. Sprinkle with green onion.

Mei Qing Choi Salad

Recipe from Carol Peterson, www.abundantharvestkitchen.com

1/2 cup olive oil 1/4 cup white wine vinegar 1/3 cup white sugar 3 tablespoon soy sauce
1-2 bunches baby choy, cleaned and sliced 1 bunch green onions 1/8 cup slivered almonds
1/2 (6 oz) package chow mein noodles or a ramen noodle packet

In a glass jar, with a lid, mix together olive oil, white vinegar, sugar and soy sauce. Close the lid and shake until well mixed. Combine the bok choy, green onions, almonds and chow mein noodles in a salad bowl.

Toss with dressing and serve. For a citrus taste add 1-2 tangerines, peeled and segmented.