

Irish Colcannon

Each year, I traditionally include a Colcannon recipe. Just wanted to let returning CSA members know, this version of Colcannon is quite a bit different than recipes of the past (something new to try!) with a kale substitution for cabbage and the inclusion of eggs. We haven't tried it yet, but it looks delicious (it doesn't appear to have anything not to love in it!). We hope it's a keeper!

2 pounds potatoes, cut into the same size pieces to boil 8 oz kale (this can be replaced later with cabbage)
2 scallions, chopped (can be replaced with onion or green-topped onions as desired) butter 4 eggs
nutmeg (grated if fresh) salt and black pepper 3 oz cheese, grated (recipe suggests an aged cheese)

Boil potatoes until tender, drain and mash well. Lightly cook the kale until just tender, but still crisp. Preheat oven to 375. Drain greens and mix them into the potato with the onions, butter and nutmeg. Season to taste with salt and pepper. Spoon mix into a shallow ovenproof dish and make four hollows in the mixture. Crack an egg into each and season well. Bake for about 12 minutes or until the eggs are just about set. Serve sprinkled with cheese.

Blueberry Cornbread

1 cup yellow cornmeal (stone/course ground works best) 1 cup all-purpose flour
1/4 cup granulated sugar 1/4 cup packed light brown sugar 1/2 teaspoon salt
1/2 teaspoon baking powder 1/2 teaspoon baking soda 2 large eggs 1 1/4 cups buttermilk
1 tablespoon vanilla extract 6 tablespoons unsalted butter 1 1/2 cups fresh blueberries, divided

Preheat the oven to 325 degrees. Spray an 8-inch square pyrex or metal pan with nonstick spray.

In a large bowl, whisk together the cornmeal, flour, sugars, salt, baking powder and baking soda.

In a small bowl, whisk together the eggs, buttermilk and vanilla. Add to the dry ingredients, then pour in the melted butter too. Mix just until incorporated (don't over-mix).

Stir in 1 cup of the blueberries. Scatter the remaining 1/2 cup of blueberries on top.

Pour the batter into the prepared pan and bake for 40 minutes, or until the edges turn golden and a toothpick inserted into the center comes out mostly clean.

You can make a delicious simple cinnamon honey butter or a maple butter to spread on the cornbread.

Cinnamon Honey Spread - Mix 1 stick softened butter, 1 tablespoon honey, 1/2 teaspoon cinnamon

Maple Butter Spread - Mix 1 stick softened butter and 1 tablespoon maple syrup

Both honey and maple syrup can be purchased through the CSA. Let us know if you need some!

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

2995 Highway 3, Two Harbors, Minnesota 55616

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

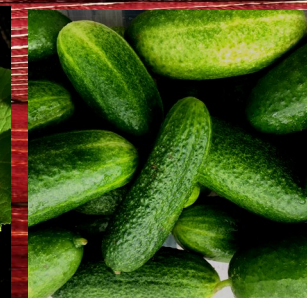
Turn left on Hwy 3. Travel 8 miles to the farm at address #2955 (farm) and #2995 (house).



Chelsea Morning Thymes Community Supported Agriculture

Issue 5
August 5, 2017

...Connecting Food, Land Stewardship, and Community Well-Being...



Champ classic Irish mashed potatoes



3 med potatoes 1/2 cup milk
1 bunch green top onions
Boil potatoes until tender.
Strain, return to pot, cover.
Sauté sliced onion, bulb and tops, in milk until just soft and milk starts to bubble from boil.
Mash potatoes, then add milk onion mix. Will seem soupy, but it's not. Keep mashing and stir. Season generously with salt and pepper.



Harvest Week 5 - What's In Your Basket!

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

- Peas: Oregon Giant Snow Pea (flatter, more broad) and Sugar Snap Pea mixed (eat the whole pod, great fresh or cooked!).
- Chinese Cabbage: Joi Choi bok choy (use stalks and greens).
- Blueberries: From Highland Valley Farm, Bayfield Wisconsin.
- Kale: Mostly Red Russian and Dwarf Blue Curled mixed.
- Onions: Green-topped yellow.
- Lettuce: Gourmet Salad Blend.
- Potatoes: Norland Red.
- Kohlrabi: Winner.
- Sampling: In with the peas, are a couple "hot" peppers (picked to promote growth), a first ripe or almost ripe cherry tomato. Also in the crate, a first pickling cucumber.

Photo: Winter Squash during a rain storm.



Notes from Jason and Cree...

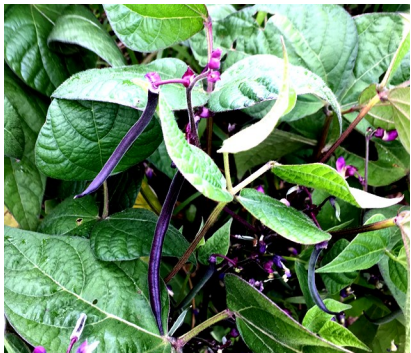


Photo: Lisa Forsell (left) and Cree (right) picking snow and sugar snap peas. The first harvest is slim but the plants are loaded. We should have a nice harvest next week of peas!

The thirty degree drop in temperature from a steamy 84 degrees, dew point pushing the confines of comfort early in the week, to a summertime chill of 54 degrees tonight, has been a dramatic downward shift. After spending the two hottest days of the week in the kitchen, adding more humidity and heat into the sultry air from hot water bath canning of spiced blueberry jam (a labor of love, the work not intended for the hottest days of summer, but that is when time, and a willing mother, presented itself!), we've been truly looking forward to the reprieve we knew this cool spell, lasting a couple days, would bring. Little did we anticipate though, just how cool the low fifties would feel! It's a blessing to the body, refreshing in nature, the crisp breeze and nip in the air spreads throughout the house, the sweater comes out, as do the cookbooks, a more thoughtful search for new recipes this week (Irish favorites for the potatoes!), while the gentle but steady rainfall creates a calming and productive atmosphere for office work (we'll get plenty of mud tomorrow during the

CSA harvest, so we take the opportunity today while it rains to get other work accomplished).

Because we anticipate summer's warmth returning, we take solace in a couple cool days. But should we? As humans, it feels good, the reprieve sometimes necessary. As farmers, the heat of the early week was exactly what the crops needed. As we cooked, literally and figuratively, in the kitchen, we also said, "bring it on!" The ripening of crops is still so slow this season. But little by little, we see the changes, a few ripe tomatoes, baby beans, a handful of cukes, is prelude to a better week ahead!



Blueberry Tossed Salad

4 cups torn mixed salad greens 1 cups fresh blueberries 1/2 cup shredded Monterey Jack cheese
1/4 cup sliced almonds, toasted 1/4 cup sunflower kernels

Dressing: 1/4 cup vegetable oil 2 tablespoons and 2 teaspoons sugar 1/8 cup chopped onion
1 1/2 tablespoons red wine vinegar 3/4 teaspoons ground mustard 3/4 teaspoons poppy seeds

In a large bowl, combine the greens, blueberries, cheese, almonds and sunflower kernels.

In a blender, combine the oil, sugar, onion, vinegar and mustard; cover and process until blended.

Stir in poppy seeds. Drizzle over salad and toss to coat.

Round River Farm Came a-Visiting!

On Tuesday morning, we had a most welcome visitor come to the farm - Lise Abazs of Round River Farm, a diversified farm and CSA operation of Finland MN, along with her farm workers, Maria, Donna, and June. David and Lise Abazs are wonderful mentors to individuals interested in agriculture. They've opened their farm to many a young folk over the years, not only exposing them to the rigors of farming as worker bees, but also encouraging them in the field of sustainable agriculture (whether as a farmer, a food systems professional, or otherwise) by educating them in areas outside of the physical farm work itself. Part of that education is taking time away from the field, and making a road trip to other regional farms to see different systems, scale and management choices, and to listen to the experiences of other farmers. We were chosen to participate! We could tell by the comments these young critical thinkers made, and by their questions such as, "What type of personality characteristics are important for a farmer," that they have wonderful mentors in David and Lise and are on a fulfilling path of exploration and adventure. And what a crew they are!

Maria is Round River Farm's field manager and was a naturalist and "farm mentee" at Wolf Ridge last year where they met. She is moving on to do some farm-to-school work in Maine at the end of August. Donna's been with the farm for 2 months and is from the Twin Cities. She will be going to the U of MN for global studies, and is now figuring out whether she should shift or broaden her focus to food and agriculture systems. Jun is from Seoul Korea and is on an epic adventure in the US, spending a month at the farm (chosen for the low crime rate in northern MN) and then a month in New York City (with only \$400 in his pocket!). Both Jun and Donna found the Abazs's through wwoofing, an educational and cultural farm work exchange program.

