

Cherry Wild Rice Salad with Snow Peas

2 cups fresh snow peas, halved 2 cups cooked wild rice 1 cup cooked long grain rice
 1/4 cup chopped green onion 1 can (8 oz) sliced water chestnuts, drained
 1 cup dried cherries 1/2 cup thinly sliced celery 1/4 cup chopped green onions
 Dressing: 6 T sugar 6 T oil 3 T cider vinegar 4-1/2 tsp soy sauce (or Bragg's)
 1 to 2 garlic cloves, peeled 3/4 tsp minced fresh gingerroot 3/4 cup cashew halves, toasted

In a large bowl, combine the first seven ingredients. For dressing, in a blender, combine the sugar, oil, vinegar, soy sauce, garlic and ginger; cover and process until blended. Pour over rice mixture and toss to coat. Cover and refrigerate until serving. Just before serving, stir in the cashews. Yield: 6-8 servings.

Cucumber Salad

...a similar recipe and taste to a sweet refrigerator pickle, nice as a fresh salad or good on sandwiches...

3 large cucumbers 1 teaspoon salt 1/4 cup white sugar 1/8 cup water
 1/4 cup distilled white vinegar 1/2 teaspoon celery seed 1/4 cup chopped onion

If desired, peel the cucumbers. Slice cucumbers wafer thin. Sprinkle with salt. Let stand 30 minutes, then squeeze cucumbers to release moisture. In a medium size bowl mix sugar, water, vinegar, celery seed, and onion. Add cucumbers to mixture. Mix well. Refrigerate 1 hour.

Zucchini Chocolate Chip Muffins

1 1/2 cups all-purpose flour 3/4 cup white sugar 1 teaspoon baking soda
 1 teaspoon ground cinnamon 1/2 teaspoon salt 1 egg, lightly beaten 1/2 cup oil
 1/4 cup milk 1 tablespoon lemon juice 1 teaspoon vanilla extract 1 cup shredded zucchini
 1/2 cup miniature semisweet chocolate chips 1/2 cup chopped walnuts (optional)

Preheat oven to 350 degrees F. Grease 12 muffin cups, or line with paper muffin liners. Combine flour, sugar, baking soda, cinnamon, and salt in a large bowl. Mix egg, oil, milk, lemon juice, and vanilla extract in a bowl; stir into dry ingredients until just moistened. Fold in zucchini, chocolate chips, and walnuts. Fill prepared muffin cups 2/3 full. Bake in preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes.

Cucumber Tip: If the end of your cucumber is pointed, cut the pointed end off and discard. The pointed end will usually taste bitter, while the remaining cucumber will usually taste great!

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

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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).



Summer Squash Bake



1 large summer squash,
 sliced 1/4" thick
 1/4 cup butter,
 1/4 cup grated Parmesan,
 or other cheese of liking
 Preheat oven 350 degrees.
 Lay squash slices in single
 layer in baking dish; dot with
 butter. Sprinkle the cheese
 over squash. Bake until
 squash is tender, bubbling,
 and golden yellow-brown.



Chelsea Morning Thymes Community Supported Agriculture

Issue 7
 August 19, 2017

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



Harvest Week 7 - What's In Your Basket!

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

- Peas: Oregon Giant Snow Pea (found in gallon ziploc) and Sugar Snap Pea (found in quart ziploc), eat the whole pod.
- Beans: Bush Blue Lake (green) and Carson Yellow Wax.
- Chinese Cabbage: Napa Blues (eat cooked or raw).
- Kohlrabi: Kolibri (purple, seen in the above second-in photo).
- Onions: Green-topped yellow.
- Potatoes: Norland Red.
- Cucumbers: Summer Dance or Jade (long), Dasher II (regular cuke), Mini White (small white cuke in green pulp container).

(continued on the next page...)

Photo: As the first planting of beans come into summer's production, the second successional planting is in a full, lovely flower.



Harvest Week 7 - What's In Your Basket!



- Summer Squash: Green Elite (green zucchini), Gold Rush (gold), Grey (mottled greenish-gray), Safari (green with stripes), Sunbeam (yellow with stripes), Horn of Plenty (yellow crooked neck), Costata (ribbed), or Sunburst (yellow scallop).
- Collards: A mix of Flash and Hi-Crop (a cooking green, recipe and preparation found in a previous newsletter).
- Peppers: Islander (purple mild), Antohi Romanian or Garden Sunshine (yellow mild), Sweet Banana (slender yellow, mild), Early Jalapeño (green hot), Aurora (purple hot), Hungarian Hot Wax (yellow hot). All hot peppers are in the small green pulp containers with cherry tomatoes. Mild ones loose in crate,
- Tomatoes: A mix of early cherry varieties, everyone receiving a very special Indigo Cherry Drop (a deep purple beautiful variety). A few tomatoes may need another day or so to ripen.

Notes from Jason and Cree...

Photo: Long time members Jon and Jo Thompson with daughter's Kylie and Sofie helped pick peas and rinse, sort and pack produce on Friday. It was extremely muddy from heavy rains on Thursday, difficult for field work (carrying a few pounds of clay on the bottom of each boot!), but excellent for Kylie's worm collecting. A couple years ago, when Kylie last visited the farm, she took home a tote of worms then too! The interest in worms appears to have some hold in this fun young lady!

Uncut hay fields are oxidizing, fall asters are in bloom, and the constant soothing hum of field crickets has returned. Change is in the air! We can not deny falls onset. Our summer time frenzy is in full force, holding onto the brief gift as much as we can.

As the summer harvest brings forth its early bounty, so too, do hints of fall now creep into our days. Thursday's strong breeze and dark sky dampness produced an undeniable feel of change in the air, which compliments other small signs of the times. Flocks of geese now land in the field for a feeding frenzy, storing up for their migratory flight. The jungle land green of the forest canopy is paling, thinning, the leaf miners have claimed their stake, in contrast to its once lush



Working Farm Shares

Now that the summer crops have come into production, especially peas and beans, the two most time intensive crops to harvest, with high hopes that tomatoes will soon follow, it is time to have working farm share members sign-up for their hours. Between heavy harvests and some weeding work, we can sure use your help!

As a reminder of the working farm share commitment (for those who signed up), we ask that you join us at the farm for a 5-hour shift of work in exchange for the price deduction on your share. This 5-hour shift can be shared between adult partners (i.e. 2 adults can share the 5 hours at 2.5 hours each), or as needed, a 5-hour shift can be broken up into a couple shorter visits.

Ideally, we would really value your assistance and will need the help on our Friday harvest days, earlier in the day is usually better, but anytime between 9 am - 5 pm works well. We know that many of you work on Friday, making it hard to come on our harvest day. Please know that we do not expect you to take time off work. We can make an alternative weekend or another open day work, but will simply need to do a bit more coordinating with our schedules, as we have off-farm or sugarbush work that can take us away from the farm on days. When you come to the farm, please be sure to bring water, and dress appropriately. A sun cap is good, pants are often better than shorts, and mud boots or old shoes might be essential!

To sign-up for your hours, simply send us an email with a couple date that works best for you.



We do try to spread out the help, which allows us to have some help each week, versus a lot of help some weeks and no help others. We'll confirm with you, a date that isn't already filled.

Photos: After 1.5" of heavy rain fell on the already saturated soil on Thursday, the field had standing water in each row and was very slow to drain on Friday. It was a muddy, muddy mess, the clay a difficult medium to work with while saturated. Jon Thompson and the girls was a total trooper in the mud. It's so appreciated!

