

July 11, 2019

Willie Nillie Farm

CSA Newsletter

“Gardening requires lots of water-most of it in the form of perspiration.” -Lou Erickson

FARM HAPPENINGS:

Dear members:

Lots of rain brought lots of weeds so I'm out in the hot sun, “perspiring,” and attempting to pull them out. The first few days were easy, but now, sadly, we need more rain. It's a crazy cycle. It's amazing still how the garden changes daily and it's so exciting to see. I found out this week my zucchini have poor pollination as the 2" ones I talked about last week didn't grown another millimeter and proceeded to dry up and fall off. So I'm out early hand pollinating hoping zucchinis will thrive as well as all the winter squash. I've been so busy working I never really thought I would not have pollinator insects. So many flowers around it's scary to think about what happened to them. Lots of ants and cucumber beetles roaming around inside the flowers, but they don't help with pollination. Would be nice if a pest was also useful for once. Oh well, still got some zucchini's this week and hopefully next, even more. For this reason, some of you received zucchini this week and others peas, next week it will flip flop so it will even out.

Next week or the following, I will be putting a pint of Blueberries in everyone's box, from Blue Fruit Farm. If you are interested in buying more for jam or freezing, let me know and you can order them and I will deliver them for you. Their costs for a pint is \$5 and five pound boxes are \$40.00. Let me know as soon as possible if you want them because they fill up with orders fast. Once they have your order ready, I will asked to be invoiced for your amounts and you can pay me directly.

Box of the Week

Feature: Purple Bok Choy

Lettuce

Cilantro

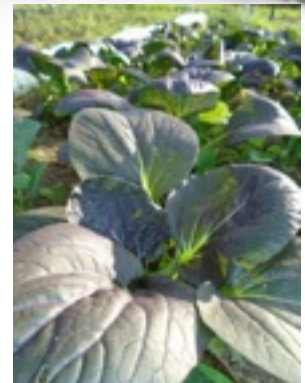
Garlic Scapes

Green Onions

Baby Beets & Greens

Zucchini or Peas

Chard



Purple Bok Choy

This week we have Purple Bok Choy as our veggie of the week. We have had green Bok Choy before, but I singled out purple because of it's color. Different color foods have specific health benefits and darker foods are very high in antioxidants. They can reduce inflammation, are good for the liver, can help fight ulcers, help the heart and can prevent urinary tract infections. Unlike most veggies it also contains Selenium

which helps to detoxify the body.

It has tons of other beneficial

nutrients to make you healthy, but then again, you knew that cause you are eating all these amazing foods.



Chard

Get to know your community:

Laura Scott moved to Winona 4 years ago to finish a degree in Public Health. She currently works at Hy-Vee and is a certified Yoga Instructor. "I'm excited to bring yoga and a yogic lifestyle out into the world," Scott says. Scott came to volunteer at the farm through an event hosted by Sarah Ventura (whom you will also meet) and found it a great, "opportunity to reconnect to the earth and get back to my roots," she says, "I don't know much about planting, growing or harvesting, but the idea behind wanting to be a part of Willie Nillie Farm was so I could learn and grow as a person living on and eating from the Earth."

What is your spirit vegetable: Purple sweet potato

If you could only eat one thing what would it be: Homemade pizza because there is an endless amount of options and modes that can be catered to with pizza.

Favorite go-to recipe or meal: Some form of chili- usually packed with sweet potato, kale, black beans and other fresh veggies.

Thanks to Laura for her hard work on the farm both this spring with finishing up my electric fence and assisting with picking strawberries and weeding last week.

Grilled Bok Choy

1 TB Rice Vinegar

2 tsp Sesame Oil

2 tsp Soy Sauce

1 tsp Honey, Agave or Maple Syrup

Bok Choy

In a bowl whisk liquids.

Cut Bok Choy in 1/2 length wise and either brush or dip the Bok Choy in marinade. Place plant on the grill inside face down and grill for 5 minutes then flip for another 3-5 minutes or until thickest part is tender. Same goes if you do this in the oven. Add your own spices to change up the flavor.

Bingo Veggie

Red Pepper

Quinoa Beet Salad

Yield 6 servings

Ingredients

1/2 Pound Beets, sliced	1/2 Cup Red Wine Vinegar
1 cup Quinoa (or other grain of choice)	1 1/2 tsp white sugar
2 Cups Water	2-3 garlic scapes, chopped
1/2 Cup Olive Oil	1 tsp salt
1/4 tsp Black Pepper	2 Green Onions, Sliced
3 oz of Arugula, Chopped or Beet tops	5oz Goat Cheese, Crumbled

Steam beets and cook till al dente. Run under cool water to stop the cooking process.

Bring 1 cup quinoa and 2 cups water to a boil in a pot and cook until quinoa is tender.

While quinoa is cooking, whisk liquid ingredients in a bowl, add garlic, salt, pepper. Once liquid is absorbed in quinoa and it's done, add 1/2 of the liquid dressing to the quinoa as you fluff it with a fork. Cover and refrigerate an hour or until cool.(to quicken this process you can rinse the quinoa first with cold water and then add the dressing portion).

Once cooled, stir in green onions, arugula, beets, cheese and remaining dressing. Toss lightly before serving.