



# MUDDY PUMPKIN FARMS

Oacoma, South Dakota

July 16, 2011



*Your salad mix before harvest.*

## Crop Update

Our drip irrigation system is proving handy again with the incredible heat this last week. Despite flood below, our garden is dry again as most the rains have slipped to the north and south.

The cabbage loopers descended upon the farm last week so we have been busy composting all the cole crops to avoid future pest problems. That said, most crops look great: the melons are spreading with abandon, the cucumbers are ready to produce any week now, and our potatoes are finishing well as we slowly clean the rows of pesky weeds. We have most of our 1000+ tomatoes trellised and expect incredible harvests any time now.

In addition to tomatoes, hopefully some **lemon cucumbers** in the shares next week.

## Weekly Recipe: Easy Spring Veggies

Sometimes the best recipes are the simplest. Most nights, whether for a side dish or to top the main dish, we cook up some vegetables that found their way from the field and into the farmhouse. The freshness is enough to make the meal great. You can add almost any vegetable from your potatoes to swiss chard stems to kale.

- 1 zucchini, sliced
- 1 or 2 onions, sliced
- 1 bunch carrots, sliced
- Salt & Pepper
- Basil, chopped
- Olive oil for cooking
- Parmesan and/or cheddar cheese (optional)

Heat olive oil in wok or pan. Add all of the veggies and salt and pepper to taste. Cover and cook for 3-5 minutes until vegetables are tender but not mushy. Add basil to taste and more salt and pepper if needed. Sprinkle with grated parmesan or cheddar cheese. Serve with pasta or as a side dish.

## **This week's CSA share includes:**

- Zucchini
- Swiss Chard
- Carrots
- Salad mix
- Onions
- Potatoes
- Cabbage
- Basil

*"Fresh food from the heart... of South Dakota"*

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