

MUDDY PUMPKIN FARMS

Oacoma, South Dakota

July 2, 2011



Farmer Matt and his daughter Elizabeth pick potatoes.

Crop Update - Muddy Pumpkin Farms


This is the first week for our CSA share customers, and we would like to thank you for your support of Muddy Pumpkin Farms! Despite all the flooding and some pretty hairy gusting windstorms in the last while, the garden is thriving. This week's share has a host of cooler weather crops for you to enjoy before the weather gets too hot for them! The **sugar snap peas** in particular, loved the cool spring here and now we can't pick the peas off the vine fast enough, although we've been eating them ourselves too (perhaps that's what slowing us down!)

Next week, look forward to (hopefully) trying out some greens, including some **zucchini** to put on the grill!

Recipe of the Week: Turnip and Snap Pea Saute

Perhaps like you, cooking turnips was a bit new for us, so we tried a new recipe last night for dinner with 'em. This quick and easy dish has lots of flavor!

- 1 bunch turnips, cut in half
- 1 cups sugar snap peas, strings/stems removed
- ½ cup bread crumbs
- 2 T butter
- 2 T onions
- 1T cilantro
- 1 ½ tsp. lemon zest
- Salt to taste

Blanch veggies by first boiling turnips in salted water. Add peas after 90 seconds and continue boiling for 2 more minutes. Drain and immediately rinse in cold water. In a saucepan, melt butter and sauté onions, and then turnips and peas over medium heat, adding bread crumbs, cilantro and lemon after a couple minutes. Continue to toss over heat for a couple minutes and season to taste with salt. 

This week's CSA share includes:

- Broccoli
- Baby Carrots
- Cilantro
- Onions
- Red Chefs Potatoes
- Sugar Snap Peas
- Turnips

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

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