



MUDDY PUMPKIN FARMS

Oacoma, South Dakota

July 30, 2011



The speckled vines of Moon and Stars, one of the heirloom melons we are growing this year. The watermelon will have the same splotched coloring. Read more on the blog: www.muddypumpkin.com/blog

After 22 days of rain passing us by, we finally got a couple tenths at the farm Wednesday night. The Texas-style heat has been great for the melons with tiny fruits springing from the vines everywhere you look. The diversity of sizes, colors and shapes in the watermelon patch is incredible.

Eggplant has arrived for this week. High in potassium and B vitamins but low in calories, eggplant should be a mainstay in summer cooking. We love the meaty texture – and the versatility. Whether you are **stir-frying, grilling, baking** or **roasting**, eggplant is a great addition.

For next week, hopefully some heirloom tomatoes. Kohlrabi, fennel and leeks are looking to be ready too.

Weekly Recipe:

One Pan Garden Dinner

- 1 lb hamburger
- 2 chopped onions
- 1 cup tomatoes
- bunch of carrots
- 6 - 8 potatoes
- 1 eggplant
- 1 or 2 zucchini sliced
- 1 Tb flour
- 1 cup water

Brown 1 lb hamburger with chopped onions. Stir 1 tablespoon flour into hamburger mixture and add a cup of water. Add fresh carrots, potatoes, eggplant and two or three fresh tomatoes. Add salt and freshly ground pepper to taste. Cover and cook 30 minutes on low. Add sliced zucchini and cook ten minutes more. Other fresh veggies such as kohlrabi, kale, corn or swiss chard can be included as well.



This week's CSA share includes:

- Tomatoes
 - Eggplant
 - Peppers
 - Salad or New Zealand Spinach*
 - Carrots
 - Onions
 - Potatoes
 - Zucchini or Squash
- *use just like regular spinach*

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

www.muddypumpkin.com