



MUDDY PUMPKIN FARMS

Oacoma, South Dakota

July 9, 2011



Prairie coneflowers along the edge of our misty garden.

Crop Update – Muddy Pumpkin Farms

The summer heat has arrived marking a transition at the farm. The cold-season crops like broccoli, peas and spinach have either bolted skyward or shrivelled to the ground. On the bright side, our heat-loving summer crops have grown in leaps and bounds. The **zucchini** harvest has begun – more than 300 plants and 10 varieties of the adaptable summer vegetable.

This week Matt was busy in the shop welding new hoes to cultivate the acres of **watermelons** before they vine. He could hardly keep them sharp as our wonderful WWOOFers have busily scratched bindweed and brome from the paths.

Next week, look forward to some of the first **tomatoes** and **peppers** from the garden.

Weekly Recipe: Roasted Beets and Sautéed Greens

Our biggest surprise of the garden this year has been the beets. Sure, beets are great. But we never knew how delicious the greens could be.

- 1 bunch beets with greens
- ¼ cup olive oil
- 2 cloves garlic
- 2 T chopped onion
- 1 T butter
- Salt and pepper to taste

1. Wash and separate beets from greens.
2. Place the beets in a small baking dish or pan, and drizzle with 2 tablespoons of olive oil. Cover, and bake at 350 degrees for 45 minutes, until tender.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with butter and salt and pepper.

This week's CSA share includes:

- Zucchini
- Carrots
- Baby Beets
- Onions
- Potatoes
- Kale
- Turnips
- Salad Mix

“Fresh food from the heart... of South Dakota”

www.muddypumpkin.com