



KEEWAYDIN NEWS

June 8th / Week 2

Mint growing in fresh spring water, The Strawberries are coming!! and Lorenzo on the Cub tractor

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This Weeks Box

Green Garlic

Asparagus

Scallions

Rhubarb

Kale

Chard

Zucchini

Spearmint

Mini Romaine

Potatoes, over wintered

Save the date: September 19th. We really want everyone to come to our **FARM FIESTA!** We will be having a sweet corn boil, eating melons right out of the fields, children's activities, pot luck, music, croquet, canoeing and anything else I can think to whip up. Complete the loop between you, farmer, food, and the soil it comes from. We realize this is a long drive for some of you so we recommend making a weekend of it, if you can. Escape the city life and come enjoy country life in the Kickapoo Valley. Here are some websites to look into to help plan your adventure. Wildcat Mountain is stateparks.com/wildcat_mountain.html. Kickapoo Valley Reserve <http://kvr.state.wi.us/> Google Sidie Hollow Campgrounds. Readstown 6mi away has a motel as well as LaFarge about 15 mi and Viroqua or Richland Center are about 30 mi each. The Kickapoo Free Press is a great way to find out about other happenings in our area check out their calendar of events in September at kickapoofreepress.com We are also near the Elroy-Sparta state trail and there are numerous canoeing outfits along the Kickapoo. Please don't bring your dog as we live right next to HWY 131 and dogs don't always behave the same when they're in a new place surrounded by new people. We hope you and your family can make it!—Star

—Mint tea isn't just a drink in Morocco. It is a sign of hospitality and friendship and tradition. Because this drink is so popular, it is served all day long, after every meal and with every conversation. Moroccans take great pride in their tea and will often ask a visitor who among their group of friends makes the best cup of mint tea.

—The mint can also be used in Greek salads, Thai and Indian dishes.

—Save that rhubarb for strawberry/rhubarb pie. Strawberries should be ready next week!

Greens Sauté

bunch greens: kale or chard or spinach or a mixture
4 or 5 fresh mushrooms, sliced
2 green garlic stems, minced
2 tablespoons olive oil or butter
1/3 cup of one of the following: dried figs, raisins, dried cherries, sun-dried tomatoes
1/4 cup of one of the following: pinion nuts, pecans, walnuts

1. Wash greens well and chop roughly. Set aside in a colander to drain.
2. If using sun-dried tomatoes, pour enough boiling water over them to cover them and let them sit 10 minutes or until soft. Drain.
3. Toast nuts in oven 10 minutes. They can be toasted ahead of time and

kept in an airtight container.

4. In a large non-stick skillet, heat oil or melt butter.
5. Add garlic and mushrooms and sauté 2 minutes.
6. Add greens, dried fruit or re-constituted tomatoes, and nuts. Stir and cover to steam.
7. Cook, stirring occasionally, until greens are bright, dark green and tender, and heated through, about 5 minutes.

I would dice up the Asparagus, Zucchini, and Scallions and add this to the mixture with the garlic and mushrooms

Moroccan Mint Tea

1 bu. Fresh mint washed

3 teaspoons green tea

3 tablespoons sugar (or more to taste)

4 cups water

Directions

Boil the water and pour a small amount in the teapot, swishing it around to warm the pot. Combine the mint and green tea and sugar in the teapot, then fill it with the rest of the hot water.. Let the tea brew for three minutes. Stir to dissolve sugar. You want a nice foam on the tea so always pour with the teapot a high distance above the glasses.