



# My Minnesota Farmer CSA

## My basket this week may include

- ❖ **Fennel** – I didn't send out much fennel last week. It was looking like it was going to bolt in the hot weather. We no longer have to worry about hot weather! As it grows we will send it out. So when you get a white flat bulb like object with green feathery 'leaves' on top that smells like black licorice know that it is fennel.
- ❖ **Green and Yellow Beans** – Depending on how we weather the frost tonight we will see how many shares of beans we can send out this week. We are covering our most recent planting of beans that we are picking out of so we can hopefully save them.
- ❖ **Potatoes** – We have been digging potatoes in the cold mud. It has been more interesting than past years. The weather has turned so cold so quickly. It seems like we should have warmer days ahead but unless we get some sun it will be hard to get the ground dry. It is raining now as I type. Burr!
- ❖ **Basil** – We are covering a smaller patch of basil to hopefully save some of it from the frost. I will send it out this week as long as we can. It will probably be the last week unless it doesn't get as cold as they are predicting. Luckily the parsley looks beautiful and weathers the cold much better than basil.
- ❖ **White Onions** – We almost have all of the white onions dug. We will send them out again this week. They are a fairly good storage onion. Next week it will probably be yellow onions and reds will be coming soon too!
- ❖ **Tomatillos** – We will continue to supplement with these as they are available. The frost doesn't hurt the fruit but it does kill the plant. They are covered so we will see how they fare!
- ❖ **Carrots** – It is finally time for some carrots. They are not huge yet but tender and delicious. We have only pulled one up here or there and haven't actually dug a bunch. It will be fun to see what it looks like when we do.
- ❖ **Kohlrabi** – These are getting a bit smaller but they are still delicious. They along with the rest of the cabbage family will tolerate the frost and continue to grow.
- ❖ **Swiss Chard** – Here is a frost tolerant 'green'. Sauté this and mix it into your eggs. This will be a bit of something lighter in an otherwise heavy box.
- ❖ **Acorn Squash** – This round green squash is delicious in the recipe below. The orange spot is an indication that it is ripe. We should have this for a couple weeks. We also have butternut and buttercup that will be coming soon.

## Roasted Acorn Squash

- 1 medium acorn squash (about 1 pound)
  - 1 tablespoon unsalted butter, cut into 4 pieces and at room temperature
  - Kosher salt
  - Freshly ground black pepper
  - 2 teaspoons packed light or dark brown sugar
1. Heat the oven to 400°F and arrange a rack in the middle.
  2. Meanwhile, cut the squash in half lengthwise and scrape out the seeds. Cut a small slice off the rounded side of each half to stabilize the halves so they sit upright.
  3. Place the halves cut-side up on a baking sheet. Using your fingers, coat the flesh of each half with 1 piece of the butter, then season generously with salt and pepper. Divide the sugar and remaining butter pieces between the squash cavities. Roast until fork tender, about 45 minutes to 1 hour.

## Yes, Definitely a Frost!

The ground Saturday morning was covered with a good layer of frozen, white frost. It will take a bit to see how hard it has hit our crops. We had spent a lot of time covering crops yesterday as we waited to see how cold it would get. There is just no way we can cover 10 acres of crop though. Luckily we have lots of crops that will do just fine through last night's weather. Also it looks as if the weather is not supposed to get that cool again for a while. It was just a single happening that we have made it through we don't need to spend all that time covering again for a while. We also hope the plants we covered have made it. I guess we will wait and see. This is one of those crazy things about farming, we are so dependent on the weather!

The way frost affects our garden is certainly a mystery. Here is an short interesting article about what plants can tolerate a light or heavy frost. What we experienced last night was a light frost.

<https://botanicalinterests.com/articles/view/26/Frost-Tolerance-of-Vegetables>

## A Frost this Early?!?!?

As I write this Friday night I am wondering what tonight will bring. The low temperature for tonight is supposed to be 34 degrees. We are now out in the rain covering as many plants as it is worth saving. It will be interesting to see how everything looks in the morning. We tried to harvest and cover the most sensitive plants. We will see what the fields look like in the morning. We have not had a frost this early for a long time. I guess this is also in God's hands we have done what we can to save the crops that need saving!

## Farm Happenings

Our ram is now home. He is friendly and wonderful. We will put him in with our ewes sometime next month. Then we will expect to have lambs around March. It will be fun to have lambs here! Dean raised sheep when he was in high school but it has been a long time since we have had the joy of lambs!

We bought two new mama cows this week. They are very friendly but haven't quite figured out the fencing here yet. They got into the sheep pen yesterday. It took three of us to get them back into their pen. I was sure glad we had help here or it would have been even more interesting. After we got them into the fence they got out twice again before the fence was fixed. They are very friendly but very free roaming too. They are on a beautiful pasture with lots of grass but because they weren't in the trees they went their own way. They were in a wooded pasture before they came to our farm. After they learn where the boundaries of the fence are we will be able to let them back into the pasture again. Until then I guess they will be in a more secure pen and eating grass from a bale instead of grass in the pasture. Those crazy cows!

## Next Week's Box

Beets	Peppers
Onions	Cucumbers
Acorn Squash	Tomatoes
Kale	Parsley
Cabbage	Yukon Potatoes