

# My MN Farmer

Our Family Blessed  
To Feed Yours

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## Welcome to the 2018 season!

We are celebrating 9 years growing for Minnesotans who appreciate organically-grown vegetables, chicken eggs, free-range chicken, pasture-raised pork and grass-fed beef. In the last few years we've added duck, lamb, rabbits and duck eggs to our products offered. We also feature a mixed meat pack of all of our favorite cuts.

Our 9th year finds our family busy with homeschool, church retreats and camps, preparation for 4-H exhibits and busy extended family fun. We work hard and play hard, and we are so happy to grow for you!

**Read this newsletter each week to see what healthy items you'll find in your box and to get a sneak preview of what you'll likely receive next week. Each week we'll try to include a recipe or offer a serving suggestion for items in your box. And we'll occasionally share dropsite etiquette to make your CSA experience the best it can be.**

## In your basket this week

### ❖ **Green Forest Romaine Lettuce** -

This is a great green lettuce. Fresh and crisp, this has been a staple food for my family the last couple of weeks in taco salad, egg salad wraps, lettuce on a hamburger or a Caesar salad. We have some four pound heads but that is a lot of romaine. We will try and keep it reasonable.



❖ **Radishes** - Radishes can be eaten raw, made into radish sandwiches (my grandma's favorite), or even broiled, where they lose their bite. Such a beautiful spring treat. This week they will be round and red, next week we will change it up a bit.



❖ **Bok Choy** - I love raw bok choy as a treat. The leaves work well for wraps and the base can be eaten like celery. The greens can also be used as a substitute for lettuce or chopped up and sautéed. You can also use it as a substitute for celery in soups or stews. The heads were so huge we chopped some of them in half so as not to overwhelm you.

❖ **Bunching Onions** - Every bit of these onions is totally edible, including the occasional flower at the top. You may eat them raw on salads, add them to your veggie tray or use them in your favorite hot or cold dishes.

❖ **Green-Star Lettuce** - Green-star is a beautiful green leaf lettuce. Enjoy it in your mixed-green salad along with the romaine and spinach.



❖ **Asparagus** - We hope to have enough asparagus to pack into the full shares. The tender young shoots of the asparagus are considered a delicacy. Enjoy these tasty early-season treats. *Cooking tip:* Sprinkle with olive oil, salt and pepper, and grill for 4 or 5 minutes. YUM!

❖ **Green Kohlrabi** - Kohlrabi is a tasty, healthy choice when you're looking for that yummy crunch! Cut off the outside and slice to eat fresh. The greens are edible too, and can also be grilled or added to salads.



