

My MN Farmer

Our Family Blessed
To Feed Yours

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Welcome to the 2018 CSA season!

It's the first week of the CSA season for our regular season members.

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 (see page 2). Each week we'll try to include a recipe, a recipe link, 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.



Meet your Minnesota Farmers! Dean and Jean Braatz and their seven children, along with the help of a handful of faithful volunteers and part-time workers, grow your produce organically. Want to see the how your garden grows? If you'd like to schedule a farm tour or experience an afternoon of planting or harvesting, call Jean at 612-245-6271.

Visit www.mymnfarmer.com for recipes, online store and farm news

Visit our website at www.mymnfarmer.com for loads of recipes for your produce, a link to our online store where you can find all our vegetable, meat and egg products, and our "Farm News" behind-the-scenes blog of life on the farm. Farmer Jean has a commitment to education and encourages use of the website for a kid-friendly way children can learn about farming .

