

My MN Farmer

Our Family Blessed
To Feed Yours

Volume 9, Issue 3

June 16-19, 2018

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 .

In your share box 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.



❖ **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.



❖ **Red Romaine** - Like the Green Forest Romaine, Red Romaine offers a delicious crunch to salads and sandwiches. Combine it with your other greens for a beautiful, tasty salad.



❖ **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.



❖ **Microgreens (full shares only)** - Smaller than "baby greens," and harvested later than sprouts, microgreens can provide a variety of leaf flavors, such as sweet and spicy.



Bonus Tip: Follow this link for tips for prepping your greens so they are fresh, crisp and easy to use:
<http://mymnfarmer.com/wp-content/uploads/2018/06/2018-06-09-Second-Extended-Season-.pdf>

Please practice drop site etiquette

We are so happy to have you as part of our community! We are looking forward to a great year. As this may be new to some of you, here are a few tips to make everything go smoothly when you pick up your box:

- Check the list of names at your pickup site. Verify you are on the list, and see exactly what items you ordered. Pick up the items you ordered and sign behind your name so we know you've received them.
- **Half or Whole Share?** Please double check that you are taking the right size share. The majority of the calls I receive about drop site issues are because someone orders a half or whole share box and only the other size is there when they get to the drop. **Black boxes are half shares** and **white boxes are whole shares**. Thank you for being considerate to your fellow members by double checking you are picking your produce out of the correct sized box.
- Please bring your own container to transfer your produce into for the trip home.
- Stack the boxes in the shed - one pile of half share black boxes, one pile of whole share white boxes and one pile of lids. This will help keep the shed clean for people coming after you.
- Go home and enjoy your fresh goodies!
- Please call or text with any questions. I try to always have my phone with me. **612-245-6271**. Thanks!