

My MN Farmer

Our Family Blessed
To Feed Yours



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Mudding through the monsoons

You may have noticed some soil on your produce this week. Yes, rain makes the garden grow, but the continuous rain we've had makes for fields full of mud. We slog through the fields, our jeans wet up to our knees, to harvest the field crops and wonder if we should consider purchasing a gondola to navigate the rows!

At one point this week, Farmer Dean looked out the pack shed doors at the heavy rainfall and said, "We really don't need this ..." But that's farming!

We are blessed to have several high tunnels, and they are nicely weeded and trellised. We worked in them a lot during this rainy week.



Farmer Jean harvests Romaine Lettuce out of one of the high tunnels where your produce is grown.

In your share box this week

- ❖ **Romaine Lettuce** - This is a great green lettuce. Fresh and crisp, this is a staple food for my family. Use it in taco salads, egg salad wraps, lettuce on a hamburger or a Caesar salad.
- ❖ **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.
- ❖ **Green or Red Kohlrabi** - Kohlrabi is a tasty, healthy choice when you're looking for that yummy crunch! Cut off the outside and slice to eat fresh. Can also be grilled or added to salads.
- ❖ **Green 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.



- Microgreens** - Smaller than "baby greens" and harvested later than sprouts, microgreens can offer a variety of leaf flavors, such as sweet and spicy. Great for salads or garnishes!
- ❖ **Kale** - Kale is a green that's a powerhouse of nutrients. Enjoy kale in salads, make kale chips, or make a kale smoothie. See recipe on page 2.
- ❖ **Snap Peas** - We hope to have enough for full and half shares. With snap peas, the whole pod is eaten and has a crunchy texture and sweet flavor.
- ❖ **Pea Tendrils** - You may find this fun, trendy bonus in your share box this week. They can be eaten raw, cut up for a salad or sauteed and added to any dish to which you'd like to add sweet pea flavor.
- ❖ **Red Butterhead Lettuce** - This pretty red lettuce makes a tasty addition to your salads and sandwiches.



Droopy greens?

Greens can get a bit droopy at the drop site while they're waiting for you to pick them up or stored in your refrigerator if you don't clean and spin them right away. Give them a quick soak in icy water and they will perk right up. For more about preparing your greens, see:

<http://mymnfarmer.com/wp-content/uploads/2018/06/2018-06-09-Second-Extended-Season-.pdf>



Kale Smoothie

1 c. frozen or fresh fruit (any frozen mix will work - mixed berries, mango and strawberries, etc. or a whole banana)

3 large kale leaves

1/2 c. plain or vanilla yogurt

1 to 1-1/2 c. milk (your choice - dairy, almond, rice or soy milk) or apple juice

1 handful of ice cubes

Put the above ingredients in your blender, Bullet or Ninja and give it a spin.

Member submitted recipe



Happy chickens make delicious salads

Wondering what to do with all the tasty spring lettuce? Need some chicken for a yummy Caesar salad? You can order our free-range chicken to be delivered every other week. Or you can order it occasionally to be delivered with your next share box. Visit www.mymnfarmer.com, log in to your account, click on the green store button, and select your choice of delivery dates.



Kohlrabi - tasty, delicious and so good for you!



Kohlrabi offers many health benefits. It facilitates healthy digestion, is fiber-rich, is a great source of potassium, contains antioxidants, carotenoids and B vitamins. Here's how we slice it so it's ready to eat for that quick healthy treat.

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!