

My MN Farmer

Our Family Blessed
To Feed Yours

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Now you're cookin'!

A few weeks into the season and you're most likely getting used to seeing some new items in your refrigerator. Vegetables you may not typically have bought in the store (bok choy, microgreens, kale, pea tendrils) are finding their way into your kitchen and offering new ingredients for your dinner menu.

Here's your chance to be a creative head chef in your own home kitchen. Members have told us that their new veggie variety has inspired them to open their pantries and pull out ingredients and spices they've rarely used. Though we have many, many recipe suggestions on the My Minnesota Farmer website (www.mymnfarmer.com/recipes), some members have told us they also enjoy Google-ing the names of their veggies or visiting online recipe websites to find recipes for their fresh produce.

Cooking with your fresh ingredients can be as simple or elaborate as you choose, depending on how much time you have to put together your family meals. Our 6-year-old son Jonathan made a couple of frying pans of kale (it takes two to feed our big family), sauteed in coconut oil and sprinkled with salt and pepper. The kale was a beautiful bright green and a bit crisp - so simple and delicious for an easy side dish.

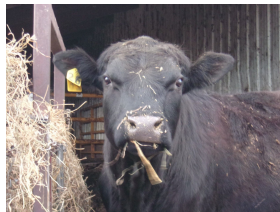
At right is a member-submitted picture of chopped bok choy and onions combined with some celery. The member said at the very end of cooking she tossed in some fresh, sliced mushrooms. Her choice was to add a little soy sauce for seasoning, but others have told us that apple cider vinegar is an excellent choice for seasoning fresh sauteed greens (Kale, Bok Choy, Swiss Chard, etc.).

Feel free to post pics of your creative cooking with or without recipes on our Facebook page (<https://www.facebook.com/mymnfarmer/>). We love to see what's happening in your kitchens!



Where's the beef?

Did you know you can order grass fed beef from My Minnesota Farmer? It can be delivered, along with your share, to your dropsite on your regular delivery date. We offer hamburger shares, hamburger patty shares, 1/12ths, and grill and crockpot shares. Visit



www.mymnfarmer.com, log in to your account, click on the green store button, and select your choice of delivery dates.

Kohlrabi Chips

Kohlrabi, Olive oil, Salt

Remove leaves from kohlrabi, and cut the bulb into thin slices. Toss slices with oil, and season to taste with salt. Place in single layer on baking sheet. Bake at 250 until crisp and deep golden, about 25-30 minutes. Drain on paper towel lined plate. If you would like, they can be sprinkled with Parmesan cheese and popped back into the oven til the cheese melts.

Recipe from mymnfarmer.com

For more recipes for your fresh produce, visit <http://www.mymnfarmer.com/recipes>

