

# 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](http://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.

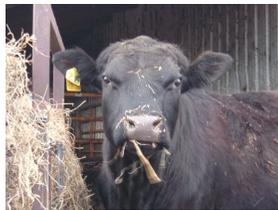
At right is a member-submitted picture of chopped bok choy and onions combined with some celery. The member said at the very end of cooking she tossed in some fresh, sliced mushrooms. Her choice was to add a little soy sauce for seasoning, but others have told us that apple cider vinegar is an excellent 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](http://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>

# In your share box this week

- ❖ **Zucchini or Summer Squash** - A member favorite. Slice and saute with onions for a quick and easy side dish. Or eat raw, sliced into rods with a little salt, hummus or ranch dip. Or cut them up in chunks for a salad. Or bake them in casseroles or spaghetti sauce. So easy and versatile!



- ❖ **Turnips** - The white Turnip is loaded with fiber and vitamins. Turnips can be cooked and mashed with potatoes, or try the Grilled Kale Salad With Turnips recipe at



[mymnfarmer.com](http://mymnfarmer.com).

- ❖ **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.



- ❖ **Snap Peas** - With snap peas, the whole pod is eaten and has a crunchy texture and sweet flavor.



- ❖ **Bok Choy**- Full Shares Only - 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.



- ❖ **Yellow Onions** - We are harvesting our great storage onions at their teenage stage. The whole onion is edible, all the way up to the green top. Use it as you would any onion. Great for sautees, burgers, in any salad, casserole or side dish.



- ❖ **Lettuce Mix** - A blend of our favorite red and green lettuces. A variety of crunch and flavor.



## Fun on the farm

We work hard and play hard. Here Farmer Dean and the seven kids take a break from farming to train their 4-H sheep for participation in the Le Sueur County fair.

To read more about weather, weeding and our weekly farmers markets, visit our website at <http://mymnfarmer.com/2018-farm-news>.

## 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!