

My MN Farmer

Our Family Blessed
To Feed Yours

Volume 9, Issue 9

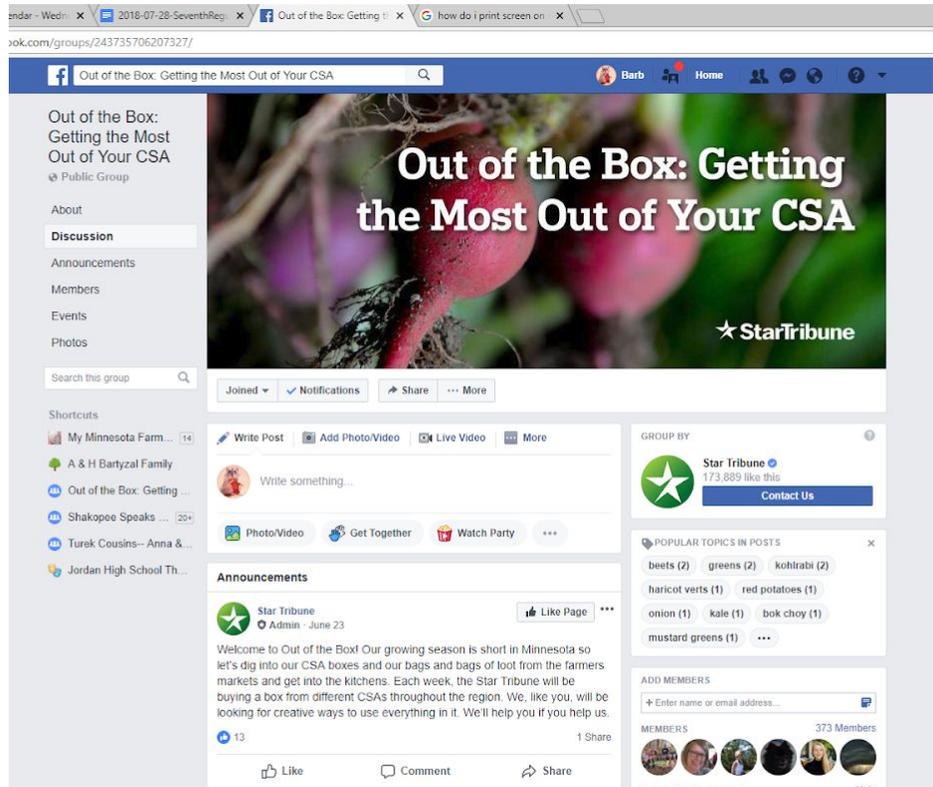
July 28-31, 2018

Post your produce, pictures, recipes, questions

Each week we invite you to post pictures and recipes of your creative cooking on our My Minnesota Farmer Facebook page - www.facebook.com/mymnfarmer/. This week, we want to let you know about another fun community Facebook page where you can post pictures of your culinary triumphs and recipes.

Out of the Box: Getting the Most Out of Your CSA is a *Minneapolis StarTribune*-sponsored facebook page that invites members of CSAs throughout the Twin Cities to share their experiences. Recent posts by CSA members have included pictures of kitchen masterpieces made with share box contents, tips for preserving food, ideas about what to do with kohlrabi, a recipe for cakes made from shredded zucchini and a recipe for a beet-apple soup.

We encourage you to share your creative cooking with the CSA community through the Out of the Box facebook page. Visit www.facebook.com/groups/243735706207327/.



Zucchini and Onions

- Zucchini and/or summer squash sliced about 1/8 inch
- Onions, diced or sliced
- Olive oil or butter

Try this easy-peasy side dish to go with your next meat entree. Saute onions lightly in butter or olive oil. Add sliced zucchini and cook until just softened - not too long as you want zucchini to be al dente. Serve hot. Yum!

My Minnesota Farmer member submitted recipe



Need more summer squash, zucchini, tomatoes or cucumbers?

We now have plenty of tomatoes, summer squash and zucchini for sale. We also have cucumbers that would make excellent sliced pickles (sorry - nothing small enough for baby dills). You can have them dropped off with your regular CSA share. Visit <https://csa.farmigo.com/join/myminnesotafarmercsa/Summer2018> to make a purchase.



In your share box this week

❖ **Cucumbers** - Enjoy these in your favorite cucumber salad, refrigerator pickles or cucumber sandwich! Or dress up your salad with fresh cucumber chunks.



❖ **Summer Squash or Zucchini** - Slice and saute with onion for a quick, easy side dish. Or eat raw, sliced into rods with salt, hummus or ranch dressing. Or cut them up in chunks for a salad. Or bake them in casseroles or spaghetti.



❖ **Baby Red Potatoes** - Baby Reds are so good roasted with a little garlic. Or slice or chunk them, wrap them in foil with onion, and put them on the grill. Or boil them whole for a side dish with butter and salt and pepper.



❖ **Tomatoes** - So many possibilities for these summer treats! Incorporate in your favorite recipe or slice and eat with a bit of salt or sugar.



❖ **Peppers** - Slice these up for your relish dish, grill with potatoes and onions, or incorporate into your Denver omelette.

❖ **Yellow Onions** - Great for sautees, burgers, in salads, casseroles or side dishes.



❖ **Kale** - Kale is a green that's a powerhouse of nutrients. Enjoy kale in salads, make kale chips, or make a kale smoothie.



Farmers' week off - Three of your Minnesota Farmers enjoyed attending church camp last week. No picking or packing produce for Sam, Lucas and Andy as they spent the week at Big Sandy Camp swimming, playing outdoor games and laser tag, and learning Bible lessons. By the time you read this, though, they'll be back to work doing chores and the final training of their sheep, cows, chickens and other livestock they'll show at the Le Sueur County Fair mid-August. Once again, your Minnesota Farmers **work hard** and **play hard**.

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!