

My MN Farmer

Our Family Blessed
To Feed Yours

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EARLY AUGUST FARM REPORT



Just back from camp, Farmers Andy, Lucas and Sam clown around with weed weapons before heading out the field to harvest.

Your Minnesota Farmers are in the busiest part of the growing season. All facets of farming, including planting, transplanting, weeding, harvesting and animal husbandry, are being practiced with gusto. Here are some of the highlights of what's happening at My Minnesota Farmer:

★ **Happy Campers** - Hooray! Farmers Sam, Andy and Lucas are back from Big Sandy Camp and hard at work harvesting your vegetables. This week, Farmer Abby is back up at camp, working as a volunteer during one of Big Sandy's busiest weeks.

★ **Transplanting** - Wednesday was a great day for transplanting baby plants from the greenhouse. Our hardworking kids and crew transplanted lettuce, cabbage and broccoli into the field.

★ **County Fair Prep** - Your Minnesota

Farmer Kids are working to get their animals and exhibits ready for the Le Sueur County Fair. The six oldest kids are preparing to show cows, sheep, chickens, ducks, rabbits and vegetable baskets. More about the fair in next week's newsletter.

★ **Potato Harvesting** - All Baby Red Potatoes have been harvested. Next potatoes to be harvested will be the White, then Yukon and Purple Potatoes.

★ **Cooperative Farming** - As you know, we grow your produce in high tunnels and in the field. Growing conditions can be regulated more easily in the high tunnels, and our high tunnel crops have delighted us with a bounty of tomatoes, cucumbers and peppers this year. In the fields, we have less control of growing conditions, and are at the mercy of the weather. This year the level of moisture in the fields has made for challenging conditions for some of our crops, including eggplant and sweet corn. Luckily, we are blessed with farmer friends who are happy to trade out some of our bounty with theirs, and so we are able to add a few of their vegetables to your share boxes. This week we will be trading our beautiful tomatoes for sweet corn that's been grown by Guldán Family Farms. And the Guldán family will provide eggplant for our share boxes next week in exchange for still more tomatoes.



Green peppers newly trellised in one of our pepper high tunnels.

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 simple side dish with butter and salt and pepper.



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



❖ **Tomatoes** - So many possibilities for these summer treats! Add to 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. Yum!



❖ **Apples** - *Full Shares Only* - Our apples are sweet, soft apples, excellent for applesauce, apple garnishes, tarts or pies.



❖ **Sweet Corn** - Hooray! It's Sweet Corn season! Boil, top with butter and salt, and enjoy!



❖ **Basil** - Basil is such a versatile herb. Combine it with mozzarella cheese and tomatoes for a caprese salad or add it to your sauces, salads or stews for that fresh Basil kick.



Pick your Protein - Don't forget you can order organically-raised protein from My Minnesota Farmer. Visit mymnfarmer.com, log in to your account, pick your drop site and order your grass-fed beef and lamb, free-range chicken, pasture-raised pork and chicken and duck eggs.

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!