

# My MN Farmer

Our Family Blessed  
To Feed Yours

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## It's Only Fair!

They've been working very hard, and it's finally here! It's County Fair time for your young Minnesota Farmers. This week, not only will they be working to harvest and pack your share boxes, they'll also be attending the Le Sueur County Fair and competing in many classes of 4-H competition.

The oldest six kids (ages 14, 13, 13, 11, 8 and 6) will show cows, sheep, chickens and rabbits. Abby is showing three sheep, Sam and Andy two sheep each, and Luke, Josh and Jonathan are showing one each. Sam, Andy and Luke will show ducks, and Abby, Luke, Sam and Andy will show Bantam Silkies and Barred Rock chickens (Bantams are smaller breed chickens, and Silkies are puffy, fancy chickens).

The oldest six children will also exhibit vegetable baskets of our organically-grown produce.



While Abby was volunteering at Big Sandy Camp, Farmer Jean stepped in to help train her cow for the Le Sueur County Fair.

Abby and Lucas will participate in a competition called "Lamb Lead," in which they will don wool garments and lead their lambs out before the judges. During the contest, Abby and Luke will offer a description of their outfits – fiber content and construction details, a description of the lamb – breed, age, interesting facts, and present a bit about their experiences in the sheep project.

Our youngest farmer, 3-year-old Ellie, thinks she should be able to show her favorite calf Princess, but Farmer Jean and Farmer Dean hope she'll get caught up in the excitement of the fair and accept that fact that needs to wait until she's a bit older.

Because of their age, the three oldest kids are eligible to compete at the Minnesota State Fair if they finish well at the County Fair. See the newsletter next week to see how they do. Maybe you'll have an opportunity to stop and see your favorite farmers at the State Fair!

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



In top photo, Josh, Jonny and Ellie wash a sheep in preparation for showing at the fair. Below, Ellie shows off her favorite calf, Princess.

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# In your share box this week

❖ **Cucumbers** - Enjoy these in your favorite cucumber salad, refrigerator pickles or cucumber sandwich.



❖ **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 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. So many delicious uses for onions.

❖ **Tomatoes and Heirloom Tomatoes** - There will be regular and Heirloom Tomatoes in your box this week. These are the funny, bumpy, tender and full-of-flavor Heirlooms we've been telling you about!



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



❖ **Eggplant** - Eggplant is rich in fiber, low in calories and provides a range of nutrients. This week's eggplant was grown at Guldan Family Farm. Here's one of our favorite recipes for farm supper - so simple our kiddos can make it!



❖ **Beans** - Here's a delicious side dish for your next meal. A little butter and salt and you're golden!



## Cheesy Zucchini Breadsticks

\* 3 cups shredded zucchini

\* 1/3 cup flour

\* 2 cups shredded cheese (any type)

\* 3 eggs

\* 1 tsp salt

\* Italian seasoning

Preheat oven 450°F. Sprinkle zucchini with salt. After 10 minutes squeeze out moisture.

Mixed the remaining zucchini, eggs and flour in a bowl. Spread the zucchini mixture on greased baking sheet. Bake until golden brown – make sure it is crisp and not mushy. Keep baking if necessary!

Reduce heat to 350°F. Top the crust with the cheese and sprinkle on Italian seasoning. Bake until cheese is melted. Cut into sticks and serve.

Recipe link: <http://mymnfarmer.com/cheesy-zucchini-breadsticks>

? *What do I do with that big Zucchini?* ?

## 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