

My MN Farmer

Our Family Blessed
To Feed Yours

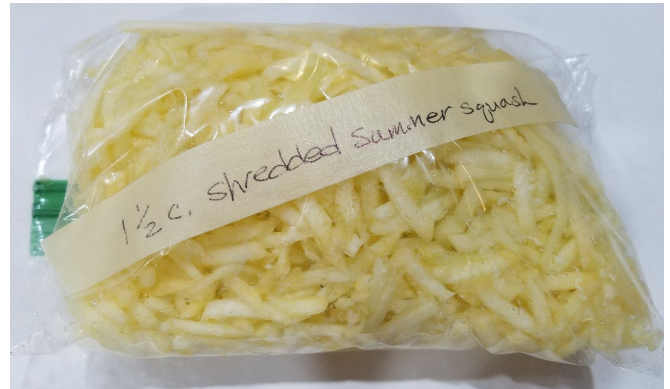
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Food Preservation: Easy-peasy freezy

As the fall season approaches, you may be looking for ways to preserve some of the vegetables you receive in your share box. Canning in glass jars is a great way to put up foods, but many of our members find freezing is the quickest way to preserve their produce for use during the winter months. Here are a few quick tips:

- **Tomatoes** - You can freeze tomatoes whole. Then, when ready to use them, you can partially thaw them and just slip the skins off or just leave the skins on before adding them to your soup or spaghetti sauce. Easy-peasy.
- **Peppers** - Slice your peppers into strips and place them on a cookie sheet to flash freeze. Then put them into a ZipLoc bag for use all winter. Some members dice them into bite-sized pieces, dump them in large ZipLoc, and freeze them without that initial flash freeze. Then, when ready to use them, they just drop the ZipLoc onto the floor to break up the pepper pieces, pour out the amount required for the recipe, and return the remaining peppers to the freezer for the next time.
- **Zucchini and Summer Squash** - To have zucchini or summer squash on hand for cakes, soups or breads all winter long, shred them in the food processor and freeze in ZipLoc bags. We like to freeze in small ZipLoc bags in the exact amounts required for our favorite recipes.
- **Visit this link** - <https://extension.umn.edu/preserving-and-preparing/science-freezing-foods> - for more tips about freezing fruits and vegetables. And remember that you can call us at 612-245-6271 or email us at csa@mymnfarmer.com to purchase more tomatoes, apples, zucchini and other vegetables in bulk for freezing or canning. "Second" tomatoes can be purchased at a discount. Apples are available, too, for those who would like to can applesauce. You can also purchase additional produce from our booth at the Mankato Farmers Market on Tuesday and Thursday evenings and Saturday mornings. We'd love to visit with you at the market!



Freezing zucchini and summer squash in the exact amounts required for your favorite recipes makes for easy fall and winter baking.

4-H State Fair

Livestock Competition

It's a Wrap! - Your Minnesota Farmers are finishing their fair season with flying colors. Abby earned Reserve Champion honors for her Market Rabbits. Andy won Grand Champion for his Ewe Lamb at the State Fair. Sam won a Blue Ribbon for his Junior Doe Rabbit.



