

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!

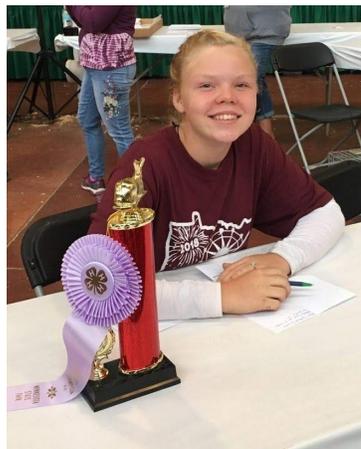


Freezing zucchini and summer squash in the exact amounts required for your favorite recipes makes for easy fall and winter baking.

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.



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.



❖ **Tomatoes** - So many possibilities for these summer treats! Slice and eat or freeze or can for future use.



❖ **Peppers** - Slice these up for your relish dish, grill with potatoes and onions, or freeze for future use.



❖ **Orange Blaze Peppers** - These sweet, bright orange peppers make up for flavor what they lack in size. We have many repeat customers at our Farmers Markets who come just for these sweet treats!



❖ **Zucchini** - Bigger Zucchini are great for zucchini boats or to shred and bake in zucchini bread or freeze for winter baking.



❖ **Green Frilly Lettuce** - Enjoy this green frilly lettuce on burgers. Or combine with your peppers, tomatoes and kohlrabi for a super salad.



❖ **Red Kohlrabi** - The kohlrabi are ready just in time for that yummy crunch on your veggie tray or in your school or work lunchbox.



❖ **Beans** - So good for eating grilled or steamed or for blanching and freezing for later.



Mom's Zucchini Bread

- 3 eggs
- 1 cup oil
- 2 cups sugar
- 2-½ cups grated zucchini
- 1 tbsp. vanilla
- 3 cup flour
- 1 tsp. salt
- 1 tsp. baking soda
- ¼ tsp. baking powder
- 1 tbsp. cinnamon
- ½ cup chopped nuts (if desired)

Beat eggs slightly; add oil, sugar, vanilla and zucchini. Whisk together flour, salt, baking soda, baking powder and cinnamon. Add nuts to dry ingredients, if desired. Mix both parts together. Put batter in two greased and floured loaf pans. Bake at 325 degrees for 1 hour and 15 minutes.

*Recipe from my mom
a.k.a. "Grandma Barb"*



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!