

My MN Farmer

Our Family Blessed
To Feed Yours

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FALL FUN! Come visit us at Farmers Markets!

September's here, harvest season is in full swing, and the fall fun begins. There are good fall-season entertainment opportunities at corn mazes and apple orchards. Here's one idea that can save your family the high admission prices and offer fun for all ages.

The Mankato Farmers Market is a great atmosphere with an awesome variety of vendors who sell produce, eggs, meat, homemade soaps and lotions, seven- and nine-grain bread, fruit breads, maple syrup, honey and honey sticks, cinnamon rolls, pies, cookies, wood furniture, lawn art, planters, cut flowers and lots more! There's live music and a kids' tent that includes art projects and activities especially for youngsters.

At the My Minnesota Farmer booth, shoppers can purchase produce, chicken, pork, beef, eggs, dried apple rings and granola.

The granola is homemade at My Minnesota Farmer, and varieties include Apple Cinnamon (which includes dried organic apples), Raisin Cinnamon, Sweet Cinnamon, Chocolate Peanut Butter, and Cashew Crunch. And a word about that Cashew Crunch - it's made with cashews and coconut (no oatmeal), toasted in maple syrup and coconut oil, and is gluten-free. Some of our customers jokingly call it "Cashew Crack," but we guarantee there's nothing addicting in it.

Shoppers who are looking for organically-grown produce to preserve for winter can purchase in bulk. Some available products include tomatoes, peppers, beans, squash and pie pumpkins.

The Mankato Farmers Market is located in the Best Buy parking lot on Adams Street. The Saturday morning markets runs from 8 a.m. to noon, and Tuesday and Thursday evening markets run from 3:30 to 6 p.m.

The markets run through the month of October, and then twice a month throughout the winter.

For more information, visit <http://www.mankatofarmersmarket.com>.



Farmer Jean greets a shopper at a recent Farmers Market. On the table are granola, assorted peppers and Orange Blaze peppers.



Several varieties of granola, including gluten-free Cashew Crunch, are available from My Minnesota Farmer. Members can purchase granola at the Mankato Farmers Market, the mymnfarmer.com website or by calling 612-245-6271.

In your share box this week



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

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



❖ **Spaghetti Squash** -

So delicious, so good for you, and so easy to prepare! (See directions below.) Depending how it's prepared, Spaghetti Squash "noodles" can look as long as traditional spaghetti. It can be served be served with or without sauce, as a substitute for pasta.

❖ **Tomatoes** - Add to your favorite recipe or slice and eat with a bit of salt or sugar. Or can or freeze for winter use.



❖ **Radishes** - These red jewels are making another appearance from our late-season planting. Enjoy!



❖ **Sweet Corn** - We are watching our sweet corn crop. It's



been unpredictable, but we hope to have enough for all the shares. If we run short, you may receive an extra squash or apples.

❖ **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 Farmers Market that come just for these peppers!



COMING
SOON!

SALSA WEEK!

Cue the Latin music and put on your dancing shoes! The Sept. 15-18 share box will feature SALSA ingredients including hot peppers, onions and tomatoes, so get your knife, Ninja, Bullet or food processor ready!

HOW TO COOK SPAGHETTI SQUASH - Heat oven to 400 F. Slice squash in half lengthwise and scoop out seeds. Drizzle halves with the olive oil and season with salt. Place squash cut side down on baking sheet and roast until tender, 45-50 minutes. Use a fork to scrape out "spaghetti."

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!