

My MN Farmer

Our Family Blessed
To Feed Yours

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It's SALSA Time!

This is the time of year we get excited about salsa. The hot peppers and sweet peppers are producing, and the tomatoes are plentiful. Whether your desire is a single bowlful on Sunday with chips for your Vikings viewing or bushels of tomatoes and peppers to can salsa for the long winter ahead, we can help.

Do you need more tomatoes and peppers than you are receiving in your share? If so, we have half bushels and full bushels of tomatoes and lots of peppers that you can order by calling 612-245-6271. After you place your order, we can deliver them with next week's share, you can come pick them up at the farm, or you can pick them up at the Mankato Farmers Market Saturday mornings or Tuesday or Thursday evenings.

A Google search for "salsa recipes" will yield millions of hits, but here are a few of our favorite tried and true recipes. The first is from All Recipes, and the second from mymnfarmer.com/recipes.



The Best Fresh Tomato Salsa

- 3 cups chopped tomatoes
- ½ c. chopped green bell pepper
- 1 c. onion, diced
- ¼ cup minced fresh cilantro
- 2 tbsp. fresh lime juice
- 4 tsp. chopped fresh jalapeno pepper (including seeds)



• ½ tsp. ground cumin
• ½ tsp. kosher salt
• ½ tsp. ground black pepper

Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt and pepper in a bowl. Serve.

Time for Salsa!

Farmer Jean's very favorite salsa recipe is quick and easy!

- 6 medium sized tomatoes
- 1 large onion
- 1 large bell pepper
- 1 small head garlic or a clove or two
- 1 Anaheim pepper

Wash all produce and blend it in quick bursts in a food processor. It works well to process the garlic and onions first and then add the peppers and tomatoes. This is super easy and so fresh and wonderful. To add a nice tasty treat, add some cilantro or basil. Absolutely delicious!



Ready for something more than red tomato salsa? Try Farmer Jean's Zucchini Salsa!
Find the recipe at mymnfarmer.com/recipes/all/zucchini-salsa

In your share box this week

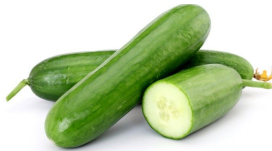
❖ **Acorn Squash** - Butter and brown sugar are all you need to turn acorn squash into a baked treat your whole family will love. See this recipe on our website: mymnfarmer.com/recipes/all/roasted-acorn-squash



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



❖ **Cucumbers** - Enjoy these in your favorite cucumber salad, refrigerator pickles or cucumber sandwich! Or dress up your salad with fresh cucumber chunks.



❖ **Tomatoes** - This week ... salsa, salsa, salsa! Or add them to your favorite recipe or slice and eat with a bit of salt or sugar.



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



❖ **Peppers** - This week members will receive green and/or orange and/or red peppers. Enjoy these in fajitas or add to your salsa.



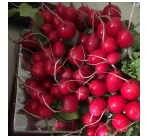
❖ **Sweet Corn** - Some members may receive Sweet Corn again this week. We are sending it out as it becomes ripe and ready.



❖ **Spicy Peppers** - You will receive jalapeno peppers and/or Anaheim peppers in your box this week. These are a must to spice up your salsa. Jalapenos (the short, green blunt end peppers) are the spiciest of these two types. The long, pointed peppers are Anaheims. You'll find the green ones are more mild and the red more spicy, though not as spicy as the jalapenos.



❖ **Radishes** - Depending on the yield in the field, some members may receive radishes this week.



LATE-SEASON THANK YOU!

The six youngest Braatz farmers thought they'd take a little newsletter space to say **THANK YOU** for supporting their family in this "wild ride" which is organic farming.

We are blessed to grow for you!