

My MN Farmer

Our Family Blessed
To Feed Yours

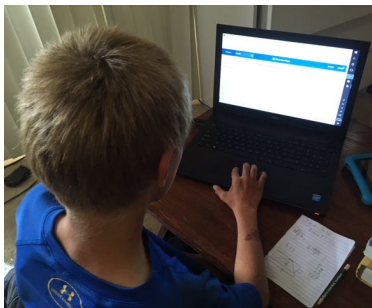
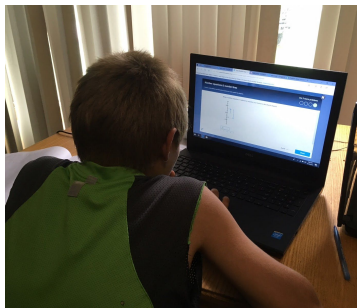
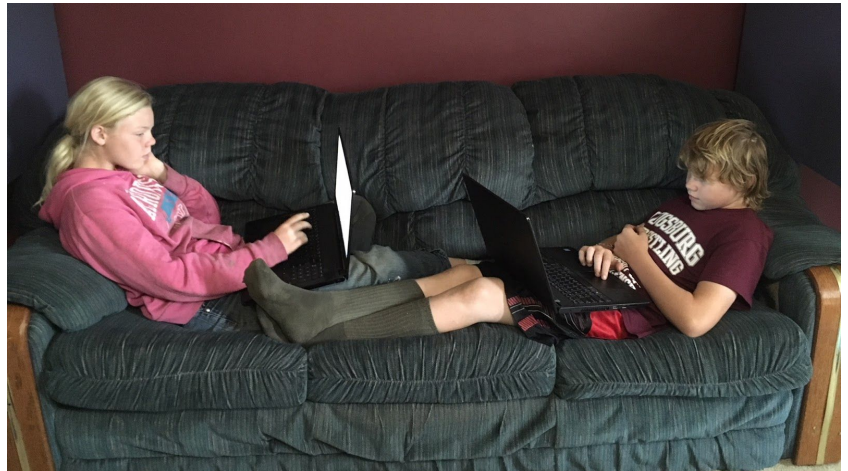
Volume 9, Issue 17

September 22-25, 2018

Homeschool Time: The Farmers on their Dells

The young farmers at My Minnesota Farmer have started hitting homeschooling hard. As the school year progresses, Farmer Jean and Farmer Dean slowly “morph” into Teacher Jean and Teacher Dean, and the kids dive into their Dell computers and school books for lessons.

Until the CSA season ends, though, we still have plenty of harvesting, packing and preparing produce to do. As you prepare for winter, if you need more tomatoes, peppers, squash, beets or pumpkins for canning or freezing, call Farmer Jean at 612-245-6271.



KIDS' CORNER

What did the mama cow say to the baby cow? - **It's pasture bedtime.**

Why do cows have hooves instead of feet? - **Because they lactose.**

What did the farmer say when he lost one of his cows? - **What a miss-steak.**

Did you hear about the magic tractor? - **It turned into a field.**

Why did the farmer feed his pigs sugar and vinegar? - **He wanted sweet and sour pork.**

As a farmer, I hear lots of jokes about sheep. I'd tell them to my dog but he'd herd them all.



Haven't visited the farm yet? Here's your chance to see your farmers at work at My Minnesota Farmer CSA. Go to the My Minnesota Farmer facebook page and watch Farmer Abby's **Summer 2018** video. You'll meet the hardworking farmers who grow your vegetables and care for the animals.

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.



- ❖ **New England Pie Pumpkin** - Pie pumpkins are smaller in shape and size than jack-o-lantern pumpkins. These small, round pie pumpkins are packed full of flesh that is good for cooking. The pulp has a better texture (less stringy) and is sweeter. The size of this pumpkin makes it perfect for decorating, too.



- ❖ **Lettuce** - We are excited to send out little heads of late-season lettuce for your salad side dishes or sandwiches.



- ❖ **Beets** - Beets are always a wonderful treat cooked and slathered with butter, or try this recipe for beet cake: mymnfarmer.com/recipes/beets



- ❖ **Green Kabocha Squash** - Kabocha Squash have a delicious, smooth texture. You can store it a week or two and it will become sweeter. Here's a link about this delicious vegetable, which really tastes more like a sweet potato than a squash: www.cookinglight.com/food/in-season/what-is-kabocha-squash
- ❖ **Tomatoes** - So many possibilities for these summer treats! Add to your favorite recipe or slice and eat with a bit of salt or sugar.
- ❖ **Peppers** - Slice these up for your relish dish, grill with potatoes and onions, or incorporate them into your Denver omelette. Yum!



Make your own Pumpkin Puree - Easiest Method

1. Cut top off pumpkin to create flat top.
2. Place pumpkin on flat (cut) side and cut pumpkin in half.
3. Scoop out seeds
4. Put 1 to 1-½ cups of water in the bottom of a crock pot - just enough to keep pumpkin moist. Don't submerge pumpkin pieces in water.
5. Cook pumpkin halves in crockpot on high for 3 to 4 hours. You can cut halves into quarters to make more pumpkin fit in the crock pot, if desired.
6. Once pumpkin is soft (poke with fork to check), take out of pot and set on a cookie sheet or tray to cool.
7. When pumpkin has cooled enough to handle, use a spoon to remove pumpkin pulp from skin.
8. Place pumpkin pulp in a mixing bowl and blend with immersion blender or potato masher to reduce lumps. If the pumpkins are good pie pumpkins, very little blending/mashing should be necessary to make a nice smooth puree.
9. Freeze pumpkin puree in amounts needed for favorite recipes.



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!