

# My MN Farmer

Our Family Blessed  
To Feed Yours

Volume 9, Issue 19

October 6-9, 2018

## Thank you My Minnesota Farmer CSA Members!

**THANK YOU!** - This week's delivery dates, Saturday, Oct. 6, and Tuesday, Oct. 9, are the last deliveries to Regular Season members. Extended Season members will receive their last deliveries Saturday, Oct. 13 and Tuesday, Oct. 16. We thank all of our members for supporting us in this, our ninth year of business.

Farming organically is tricky, and this year's weather made it especially challenging. Each year we learn more, and we've appreciated your support and positive feedback throughout the year.

**FIGHTING FROST** - As the fall season puts on the chill, we've continued to harvest root crops for our CSA members. We've been using our huge row cover to cover the rows of beans that were oh-so-close to harvest. We'd hoped to save enough from the frost to get green or yellow beans in your share boxes yet this week. Alas, the frost got several rows anyway, so it's unlikely you'll receive beans this week.

**YOU CAN STILL ORDER MEAT PACKAGES, EGGS, THANKSGIVING BOXES, ETC.** - Though the regular growing season is ending, we continue to market our grass-fed beef and lamb, chicken, rabbit, pasture-raised pork, duck eggs and chicken eggs. To order these, go to [mymnfarmer.com](http://mymnfarmer.com), click on Store, log in, choose your dropsite, and click on the green Next button at the top of the page. There you will find many choices for shares of beef, pork, chicken, lamb, chicken stock, produce shares, and a few special shares including the Mixed Meat Basket, Grill and Slow Cooker Share, Hamburger Share, and the special Thanksgiving Box. Click on each item for a full description. **NOTE: Regular Season members can also purchase one more delivery this year by visiting the store and selecting the "Extended Season" full or half share.**



Farmer Jean and Farmer Dean finish putting down the row cover to protect the long rows of green beans from frost.



The Braatz children pose in the back of their truck at the Mankato Farmers Market. They appreciate all that My Minnesota Farmer CSA members do to support their family farm.



# In your share box this week

- ❖ **Butternut Squash** - This is my favorite squash. It's sweet and fine textured, so perfect for a side dish or butternut squash soup.
- ❖ **Cucumbers** - These grow in the tunnels, and it's very late in the season, but we hope to have some in the boxes this week.
- ❖ **Acorn Squash** - Butter and brown sugar will turn acorn squash into a baked treat your whole family will love. These store well, too!
- ❖ **Carrots or Beets** - You will receive carrots or beets in your box, depending on availability.
- ❖ **Green Tomatoes** - Set these in your window to ripen or make some fried green tomatoes.



- ❖ **Apples** - There will be apples for your sauce or storage for future use.
- ❖ **Peppers** - Colorful peppers are still growing in our high tunnels! Slice these up for your relish dish, grill with potatoes and onions, or freeze for your winter casseroles and chili.
- ❖ **Fennel** - Fennel is an aromatic, flavorful herb from the carrot family. Its taste is like mild anise or black licorice. See recipe below.
- ❖ **Gourd** - We grew a number of gourds of different colors and shapes. Enjoy these for your fall decorating.
- ❖ **Some Surprises?** - Depending on what we find as we harvest our late root crops and work through the tunnels, you may find some additional items in your box.



## Roasted Carrots and Fennel

- 2-½ pounds medium carrots, peeled and cut in half lengthwise
- 1 large fennel bulb, cut into ½-inch wedges
- 1 medium lemon, thinly sliced
- ¼ cup olive oil
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon pepper

Preheat oven to 375°. In a large bowl, combine carrots, fennel, onion and lemon. Mix oil, coriander, cumin, salt and pepper; drizzle over carrot mixture and toss to coat. Transfer to two foil-lined 15x10x1-in. baking pans. Roast 40-50 minutes or until vegetables are tender, stirring occasionally. Sprinkle with basil.

*Recipe from Taste of Home*



## 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!