

# My MN Farmer

Our Family Blessed  
To Feed Yours

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## Baby Animal Day/Farm Party a Success!

My Minnesota Farmer's June Baby Animal Day was a grand success. We enjoyed sharing our fun, busy farm with the many visitors who came by to pet kittens and bunnies, meet our resident sheep, chickens and cows, hold our little, peeping baby chicks, and see how we grow your food.

We were thankful for the great weather, and feel blessed the rain held off until just before our gathering ended.

Special thanks to all our members who attended. We love to spend time chatting with you and getting to know the great folks we are growing for!



# In your share box this week

- ❖ **Cilantro** - Cilantro offers a bright kick of flavor to salads, sandwiches, salsas and tacos. Some prefer to use just the leaves, but the stems of cilantro are full of flavor and can be used, as well.
- ❖ **Radishes** - Radishes can be eaten raw, made into radish sandwiches, added to a stir fry, or even broiled, where they will lose their bite.
- ❖ **Kale** - Kale is great in salads, kale chips, or as a healthy addition to your fruit smoothie. If you would like to serve kale as a side dish, saute it lightly in olive or coconut oil and, when finished, add a dash of apple cider vinegar.
- ❖ **Green Forest Romaine** - Fresh and crisp, Romaine is great for taco salad, egg salad wraps, lettuce on a hamburger or a Caesar salad.



- ❖ **Garlic Scapes** - Garlic Scapes have a mellow, garlicky flavor. The scapes are delicious sautéed in olive oil for an easy spring side dish. They can also be tossed with olive oil and grilled, or chopped and added to a stir-fry or creamy pasta.
- ❖ **Cabbage or Broccoli** - A limited amount of these two crops are ripe and ready. Members may find cabbage or broccoli in their boxes this week.
- ❖ **Summer Crisp Lettuce** - Also known as French Crisp or Batavia Lettuce, Summer Crisp is a very crisp lettuce like Romaine, but sweet and juicy, without bitterness.



## Farm News

- Did you know the **Minneapolis School District** purchases produce from several local organic farms, including My Minnesota Farmer? On Monday we had our food safety visit from the Minneapolis School District, and last week we sent the district 500 pounds of kohlrabi. Visit the **Minneapolis Public Schools Culinary & Wellness Services** Facebook page to see a picture of one of our high tunnels and a picture of Farmer Jean feeding Luna, one of her favorite cows.
- **Weeding** is something that takes place every day at the farm. Whether it is scuffle-hoeing, hand-pulling or weeding with our little orange tractor, the battle against weeds is ongoing. We accept that “weeds happen” because your food is grown without commercial herbicides, and good, clean food is worth the effort. If you find pulling weeds to be a cathartic exercise, we invite you to join us in the fight!
- We are pulling some early plants out of the high tunnels and **replanting** the tunnels with peppers and cucumbers.
- We saw our first **tomato** blush this week! As our tomato plants get taller, we trellis them for best growing practice and easier harvesting.
- Our 13-year-old twins, Sam and Andy, have been on **potato bug patrol** the last several weeks. As we don't use chemical pesticides, the twins collect the insects, and they are paid per bug.
- If you like to keep up on our **farm news**, visit [www.facebook.com/mymnfarmer](http://www.facebook.com/mymnfarmer).



### Garlic Scape Dressing

- 2 garlic scapes, coarsely chopped
- 2 green onions, coarsely chopped
- 1 tsp honey
- 2 tsp Dijon mustard or similar brown mustard
- 4 tbsp red wine vinegar

- 1 tbsp lemon juice
- dash salt
- 1/8 tsp fresh ground black pepper
- 1/2 cup extra virgin olive oil

In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until

*Now we're cookin'!*



smooth. With blender on low, slowly add the olive oil until well blended.

*Recipe from [mymnfarmer.com/recipes](http://mymnfarmer.com/recipes)*



**P.S.** If you'd like to purchase beef, pork, chicken, hamburger or a mixed meat basket, visit [mymnfarmer.com](http://mymnfarmer.com) or call 612-245-6271, and we will get you set up!