

My MN Farmer

Our Family Blessed
To Feed Yours

Volume 10, Issue 7

July 13-16, 2019

Eating Seasonally: Your Rainbow of Produce to Come

By purchasing a CSA share from My Minnesota Farmer, you have made a commitment to **eating seasonally**. That means you eat whatever is ripe and ready for harvest at that point in the growing season. Seasonal food is fresher, tastier and more nutritious than food picked early and ripened as it is trucked across the country.

Eating seasonally with a CSA share offers an opportunity to use some new types of produce and to cook creatively. As you read about what is going to arrive in your share box each week, you can visit the mymnfarmer.com website and click on "Recipes" or explore the Internet for recipe ideas.

Several members take their produce home and immediately clean and prep the food for easy use during the week. They wash and spin the lettuce, rinse and tear the kale from the stems, peel and slice the kohlrabi, chop the onions and garlic scapes and clean the radishes so they only need to reach into the refrigerator and grab these pre-prepped ingredients when dinner prep time approaches.

Members have also told us they have become more comfortable and creative as they combine their ingredients. They find themselves using more spices, and they feel a bit like contestants on "Chopped" or "Master Chef" as they create their own culinary masterpieces.

COMING SOON - COLOR! People refer to the teen and young adult part of life as the "salad days," because they're young, tender, "green," and have a lot to look forward to. Similarly, we refer to the early part of the CSA season as the "salad season."

So far, your share boxes have been filled mostly with tender green lettuces and kale with tiny pops of color like radishes and chard. However, we will soon embark on the heart of the season, when the colors in the boxes turn from predominantly green to the bright reds of tomatoes and peppers, deep red of beets, bright whites of onions and garlic and, before you know it, the oranges of carrots and pumpkins.

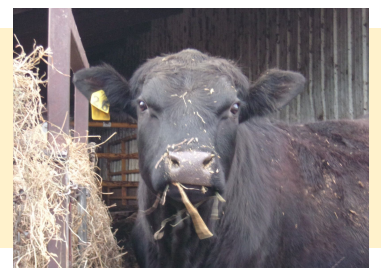
Though you've seen a lot of green so far, watch the next few weeks as your share boxes become heavier and more colorful!



A side dish made of sautéed bok choy, celery, kale strips and onions.

Where's the Beef?

Looking for some protein to complement your delicious salads and side dishes? If you'd like to purchase grass-fed beef, pork, chicken or hamburger or a mixed meat basket, visit mymnfarmer.com or call 612-245-6271, and we will set you up!



In your share box this week

- ❖ **Kale** - Kale, that powerhouse of nutrients, is great in salads, kale chips, or as a healthy addition to your fruit smoothie. Or saute it lightly in olive or coconut oil and, when finished, add a dash of apple cider vinegar for a tasty side dish.



- ❖ **Kohlrabi** - Kohlrabi is the tasty, healthy choice when you're looking for a yummy crunch. Cut off the outside and slice the kohlrabi to eat fresh. Kohlrabi can also be grilled or added to salads.



- ❖ **Cabbage or Broccoli** - Depending on what's ready in the fields, members will receive Cabbage or Broccoli in their share boxes this week. Enjoy either of these goodies cooked or in salads or slaws.



Beets: Red or White - Red and/or white beets will be in your box this week. We find both red and white beets to taste almost exactly the same. White beets may be just a bit sweeter. Boil them and eat with butter and salt, or peel, slice and grill them.



- ❖ **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.



- ❖ **Garlic** - Our freshly harvested garlic will be in your boxes this week! This fresh garlic can be used just like the dried garlic bulbs you purchase in your local grocery store.



Farm News



- Our new puppy Diesel knows eight tricks now!
- A tree fell on the cow pasture fence. The cows got out and Dean used his new chainsaw to take down the tree and fixed the fence. It's always an adventure around the farm!
- All the WWOOFer volunteers are gone for the season, so it's a bit lonely on the farm. It will be lonelier next week, though, when our oldest five children go to summer camp up north and the youngest two go to "Grandma Camp." We will miss our hardworking kids!
- We harvested and wrapped 82 round bales of alfalfa from our field for winter food for our animals.
- Our **Featured Farmer** this week is 7-year-old Jonathan. Curly-headed Jonny is a good worker, especially if he's working one-on-one with an adult. He's a good pea and bean picker, and takes his job feeding the farm cats very seriously. He is looking forward to going to "Grandma Camp" next week with his 4-year-old sister Ellie. Jonny also helped Farmer Jean trellis an entire high tunnel of tomatoes on Wednesday. What a super trouper!



Garlic Roasted Potatoes

Did you use your parsley from last week? If not, here's another recipe to try! Combine it with this week's garlic for a delicious dish!



- 3 pounds small red or white potatoes
- ¼ c. good olive oil
- 1-½ tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 2 tbsp. minced garlic
- 2 tbsp. minced fresh parsley

- Preheat oven to 400 degrees F
- Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into one layer. Roast in the oven for 45 minutes to one hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.
- Remove the potatoes from the oven, toss with parsley, season to taste and serve hot.

Now we're cookin'!

