

My MN Farmer

Our Family Blessed
To Feed Yours

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Farmer Jean is a cover girl!

Did you know Aug. 4 through 10 was National Farmers Market Week? Well, it was, and the *Mankato Free Press* celebrated by featuring the city's thrice-weekly Mankato Farmers Market on the front page of their monthly magazine.

The cover story "Farm Fresh" featured My Minnesota Farmers' own Jean Braatz holding a big bunch of Swiss Chard and standing in front of My Minnesota Farmers' market stand.

Inside, readers learned about the market, the various vendors who sell not only produce, eggs and meat but also honey, handcrafts, canned and baked goods and many other items at the market.

Farmer Jean was pictured again on the inside of the magazine speaking sign language to a market customer, and 15-year-old Abby also received mention due to her role as Farmers Market Manager (see Featured Farmer story on page 2).



My Minnesota Farmer's Farmer Jean was featured in the cover photo on the Mankato Free Press' Mankato Magazine. The feature was written to celebrate the Mankato Farmers Market during National Farmers Market Week Aug. 4-10. The markets run Tuesday and Thursday evenings and Saturday mornings in Mankato.

Now we're cookin'!

Tomato Tacos

- 1 medium/large tomato per person
- 1 lb grass-fed hamburger
- 1 chopped onion
- garlic
- spicy pepper or your favorite taco seasonings
- shredded cheese of your choice
- greens – lettuce, kale, beet greens, etc.

Saute onion in a little oil. Brown grass-fed hamburger in same pan. Add the garlic and your favorite taco seasonings. Cut tomato into wedges from the bottom, being careful not to cut all the way through (see picture). Carefully place meat in the center between the wedges of the tomato. Slice or tear the greens and add to the top of the meat mixture. Top with cheese.



