

My MN Farmer

Our Family Blessed
To Feed Yours

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Success at the Le Sueur County Fair! STATE FAIR here we come!

Your Minnesota Farmers enjoyed great success at the Le Sueur County Fair last week.

The four oldest Braatz children - Abby, Sam, Andy and Lucas - earned trips to the Minnesota State Fair and left Wednesday to participate in 4-H Livestock competitions. Abby and Lucas will show their rabbits, and Sam and Andy will show their sheep.

Many of the ribbons awarded to the Braatz children were **Showmanship** and **Interview** ribbons. **Showmanship** is awarded based on the 4-Hers' handling of their animal -- presenting and showing the animal to the best of their ability. Showmanship ribbons are awarded based on how hard the 4-Her has worked, prepared and presented their animal to the judge. **Interview** ribbons are awarded for the 4-Hers' knowledge of their particular species. The Braatz children also won blue ribbons for vegetable baskets and woodworking projects they had entered in the county fair.



TOUGH COMPETITION - Four of the Braatz children competed against each other in the Junior Doe competition at the Le Sueur County Fair. They finished in the top four places in the class. Pictured at left is Abby. In the fourth, fifth and sixth positions are Joshua, Lucas and Sam.



Pictured are some of the ribbons earned by your Minnesota Farmers at the Le Sueur County Fair.



Clockwise, from top left, Andy poses with his lamb before the 4-H Intermediate Sheep Show; Sam readies himself and his lamb for competition with his brothers in the sheep show; Joshua competes in Beginner Showmanship; Lucas shows his rabbit during the Ribbon Auction; Ellie has her first show experience as Dean helps her show a lamb in Open Class; Abby participates in the Senior Lamb Lead competition where she eventually was named Reserve Champion; Jonathan shows his sheep in open class.

In your share box this week

- ❖ **Kale** - Kale 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.
- ❖ **Tomatoes** - You will receive either a round slicing variety of Tomatoes or Heirloom Tomatoes this week.
- ❖ **Hot Peppers** - You will receive Hot Peppers in your box this week. Pictured are Anaheim peppers which are not as spicy as Jalapenos or Cherry Bombs.
- ❖ **Cucumbers** - Enjoy cucumbers in salads, on your relish tray or as refrigerator pickles.



Microgreens - You will receive either sunflower or mixed microgreens this week. Add them to your salads and/or sandwiches for a burst of fresh flavor.



- ❖ **Summer Squash or Zucchini** - Despite the wet fields, we are finding some survivors in our squash fields! We hope to add Summer Squash or Zucchini to your boxes this week. They are excellent sliced and sauteed as a side dish or grated for use in zucchini bread.
- ❖ **Onions** - Enjoy these tasty onions in salads, hotdishes, grilled, or store them for later use.



Now we're cookin'!



Chopped Tomato Cucumber Kale Salad

- 5 cups packed kale
- 2 medium cucumbers, roughly chopped (approximately 3 cups)
- tomatoes, diced and quartered (approximately 3 cups)
- optional topping: fresh parsley

Italian Dressing

- 3 tablespoons lemon juice
- 1 tablespoon + 1 teaspoon olive oil
- 1 tablespoon + 1 teaspoon red wine vinegar
- 1 tablespoon Italian seasoning
- red pepper flakes, to taste
- salt and pepper, to taste

Instructions

Make the dressing by putting all the ingredients into a small jar and mix well. Set aside. Roughly chop the kale and add to a large mixing bowl. Add cucumber and dressing and mix well. Add diced tomatoes and gently toss to cover with dressing. Top with fresh parsley if desired.

COME SEE US AT THE STATE FAIR ON SUNDAY!

My Minnesota Farmer and Pizzeria 201 in Montgomery will be among the participating farms and restaurants presenting at Minnesota Cooks Day at the **Minnesota State Fair Sunday, Aug. 25.**

The program will be held in Dan Patch Park on the Fairgrounds (in front of the grandstand) and will include demonstrations and tasting foods grown on Minnesota Farms and served in local restaurants.

My Minnesota Farmer and Pizzeria 201 will be making their presentation at 11 a.m. For a full schedule of Minnesota Cooks Day at the Minnesota State Fair, visit <https://www.minnesotacooks.org/minnesota-cooks-day/>.

minnesota cooks™

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